Seniors' Guide to Services and Programs

New Nouveau
Brunswick
CANADA

Family and Community Services

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Seniors' Guide to Services and Programs 2002

The Seniors' Guide to Services and Programs is prepared and distributed by the Department of Family and Community Services of New Brunswick. For further information or additional copies, write or fax:

Services to Adults with Disabilities and Senior Services
Family and Community Services
P.O. Box 6000
Fredericton, N.B.
E3B 5H1

Fax: (506) 453-2082

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Seniors' Guide to Services and Programs

This fourth edition of the Seniors' Guide to Services and Programs is designed for seniors and individuals who are involved with seniors. As in the previous editions, information on provincial and federal government programs and province-wide non-governmental services and programs is included.

Though space limitations do not permit the listing of all local services, categories of services have been noted and readers are directed to their local telephone directories as to availability and the local telephone numbers.

Since programs do change, readers are reminded that this booklet is published as a guide. Specific details should be obtained directly from the sources listed.

The Services to Adults with Disabilities & Senior Services Branch would like to thank the various departments and organizations whose cooperation has made this guide possible.

Personal Record

Name: _____

Address: _____

Postal Code: _____ Telephone#: _____

Social Insurance#: _____

Medical Insurance #: _____

Medicare #: _____

Old Age Security (Pension) Number: _____

Name and telephone number of: _____

Relative (in emergency) _____ Friend (in emergency) _____

Doctor _____ Drug Store _____

Clergy _____ Other _____

Emergency Telephone Numbers

Ambulance _____

Fire _____

Hospital _____

Police _____

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INQUIRIES

Federal Government Information

Division of Aging and Seniors
Health Canada
Jeanne Mance Building, 8th Floor
Tunney's Pasture, A.L. #1908A1
Ottawa, Ontario K1A 1B4

Telephone: (613) 952-7606
Fax: (613) 957-7627

http://www.hc-sc.gc.ca/seniors-aines

The government of Canada administers many programs and services for seniors. For more information on all programs and services, consult the Seniors Guide to Federal Programs and Services, available at no cost from the above address.

Provincial Government Information

General inquiries about provincial government programs and services can be made by calling Toll Free:

For Service in English:	1-888-762-8600
For Service in French:	1-888-762-8700

After Hours Emergency Social Services

Fredericton Exchange	(506) 453-2145
Other Areas (Toll Free)	1-800-442-9799

After Hours Emergency Social Services provides emergency response after regular working hours through a 1-800-telephone number. These services are offered by professional bilingual social workers who provide telephone crisis counselling and screen all calls for emergencies. All serious requests requiring immediate action are referred to a regional on call social worker. The remaining referrals are forwarded to the regional office the following day for appropriate action.

NEW BRUNSWICK GOVERNMENT SERVICES (www.gnb.ca)

Culture and Sport Secretariat

250 King Street, Place 2000
P.O. Box 6000 Fredericton,
N.B. E3B 5H1

Telephone: (506) 453-2928
Fax: (506) 453-6548

Sport, Recreation and Active Living Branch

This branch offers financial assistance and consultative services at the local, regional and provincial levels through a network of consultants in central office and regional offices. (see below)

The branch's mandate is to stimulate the development of recreation, sport and active living by building strong partnerships with provincial, regional and local volunteer organizations and agencies.

The branch is also a key partner in the promotion and development of the Healthy Active Living Program for Older Adults.

Active Living

Active living is a way of life in which physical activity is valued and integrated into daily life. Active living (as opposed to traditional fitness) is a concept that addresses seniors' needs. It includes everyday activities such as walking, climbing stairs, gardening and shopping, and is part of the holistic approach to healthy aging.

The Healthy Active Living Program for Older Adults provides free information sessions on wise use of medications, physical activity, healthy eating, stress management and healthy choices. The sessions are led by trained, older adult volunteers who offer friendship and support by helping seniors take charge of their own health and well being.

For more information, please contact the regional offices (see below) or call (506) 453-2928.

Sport, Recreation and Active Living Branch Offices

Region	Telephone	Fax
Bathurst	(506) 547-2478	(506) 547-7455
Campbellton	(506) 789-2387	(506) 789-4908
Edmundston	(506) 735-2763	(506) 735-2310
Fredericton	(506) 457-4841	(506) 453-6548
Miramichi	(506) 778- 6615	(506) 778-8976
Moncton	(506) 856-3111	(506) 856-3113
Saint John	(506) 658-2492	(506) 658-2497
Woodstock	(506) 325-4465	(506) 325-4541

Family and Community Services

Department of Family and Community Services
Senior and Adult Services
P.O. Box 6000
Fredericton, NB E3B 5H1

Tel: (506) 457-6811
Fax: (506) 453-2082

Services to Adults with Disabilities and Senior Services

Publications

Within government, the Services to Adults with Disabilities and Senior Services Branch provides a focus for seniors' issues. The Branch produces ***Reflections*** fact sheets on topics relevant to older adults. Titles to date include: *Healthy Active Aging*, *Medication Use*, *Sleeping*, *Constipation*, *Diabetes*, *Snacking Tips for Seniors*, *A Smile for all Seasons*, *Blood Pressure*, *Depression*, *Non-Smokers Inhale too*, *Falls*, *A Society for All Ages*, *Before you Drive* and *Vision*. The Branch maintains a mailing list and all individuals on it automatically receive a copy of any new publications.

In addition to the Seniors' Guide to Services and Programs, the Branch has published other documents in the past, including *Enhancing Seniors' Independence*: *Building for the Future*; *New Brunswick's Senior Citizens*: *A Socio-Demographic Report*; *Hints for Caregivers: Providing Care and Assistance to Older Family Members*; and abuse booklet with PLEIS-NB.

All materials are free of charge and available in English and in French. To receive any of the above-mentioned materials or to be on our mailing list, please write to Services to Adults with Disabilities and Senior Services, at the above address.

Adult Protection Program

Under the Adult Protection Program, services are provided to seniors and to adults with disabilities who are victims of abuse or neglect. Abuse can be physical, sexual or mental cruelty. Neglect can be self-neglect or caused by others. For more information, contact your local Family and Community Services Office. (see below)

Long-Term Care Services

Individuals who require assistance to carry out normal daily activities may be eligible for certain Long-Term Care Services. A social worker or a nurse, along with the person and the family, do an assessment. Together they will determine the types of services that are necessary. The government provides financial assistance to those who are unable to pay the full cost of their services.

A panel reviews the cases where complex care plans are required or if placement in a nursing home or community residence is an option.

Home Support Services

The types of services available include counseling, personal care, homemaker, meals-on-wheels, relief care, etc.

Relief care is provided to families caring at home for persons who need assistance with personal care on a 24-hour basis. If the person meets the eligibility criteria, arrangements can be made for relief care in home and out of home on a specified short-term basis.

Adult Residential Services

Persons who are unable to live in their own homes may require residential services. A range of residential options is available to meet the needs of adults and seniors assessed as requiring Long Term Care services in an adult residential facility. Generally, special care homes, provide residential services to clients (adults and seniors) who do not require a high level of care and professional nursing services on a regular basis; community residences provide services to adults who require a high level of care, but do not require professional nursing services on a regular basis; nursing homes provide services to clients, mostly seniors, who require a high level of care and professional nursing services on a regular basis. These facilities are approved and monitored by the Department of Family and Community Services.

Nursing Home Services

Nursing homes provide nursing care services for eligible individuals whose care needs are greater than the family, and residential facilities outside of nursing homes can provide. For information on nursing home eligibility see Long Term Care Services (above).

The Nursing Home and Adult Placement Services Branch of the Department of Family and Community Services is responsible for managing the nursing home program. It sets and monitors standards, inspects nursing homes for licensing purposes and provides subsidies for eligible individuals who cannot cover the full cost of nursing care.

The branch encourages nursing homes to seek accreditation under the Long-Term Care Program of the Canadian Council on Health Services Accreditation. Detailed information regarding standards and licenses is available from the branch at (506) 453-3821.

For information about the Long-Term Care Program, contact your local Family and Community Services Office, the Extra-Mural Program or the Community Mental Health Services Office in your area. (see listings below)

Department of Family and Community Services

Regional Offices		Telephone
Bathurst		(506) 547-2020
Campbellton		(506) 789-2422
Caraquet		(506) 726-2000
Edmundston		(506) 735-2010
Fredericton		(506) 453-3953
Grand Falls		(506) 473-7757
Kedgwick		(506) 284-3411
Miramichi:	Chatham	(506) 778-6100
	Newcastle	(506) 627-4044
Moncton		(506) 856-2400
Neguac		(506) 776-3833
Perth-Andover		(506) 273-4741
Richibucto		(506) 523-7606
Sackville		(506) 364-4078
Saint John		(506) 658-2734
Shippagan		(506) 336-3044
St. Stephen		(506) 466-7388
Sussex		(506) 432-2004
Tracadie-Sheila		(506) 394-3838
Woodstock		(506) 325-4412

Transition houses are short-term residential facilities for women and their children who are victims of family violence. Counselling and support services are available to assist the victims in making decisions about their future. For further information, contact your local office.

Housing and Income Support

Financial support may be available to clients in need to assist them to achieve self-sufficiency. These programs and services are delivered through twenty-one service locations. (see below).

Bathurst	(506) 547-2000
Campbellton	(506) 789-2311
Caraquet	(506) 726-2055
Edmundston	(506) 735-2000
Fredericton	(506) 453-3216
Grand Falls	(506) 473-7745
Kedgwick	(506) 284-3424
Minto	(506) 327-7000
Miramichi	(506) 627-4001
Moncton	(506) 856-2414
Neguac	(506) 776-3800
Perth-Andover	(506) 273-4724
Richibucto	(506) 523-7616
Sackville	(506) 364-4084
Saint John	(506) 658-2450
Shediac	(506) 533-3333
Shippagan	(506) 336-3025
St. Stephen	(506) 466-7500
Sussex	(506) 432-2006
Tracadie-Sheila	(506) 394-3800
Woodstock	(506) 325-4413

The Department of Family and Community Services provides housing assistance for seniors through a variety of programs and services. If you have any questions about any of the following programs, contact your regional Housing Division office. (see below)

Federal/Provincial Repair Program

This program is funded by a cost sharing arrangement between the Government of Canada and the Province of New Brunswick. This program provides financial assistance for:

- Low income homeowners occupying existing substandard housing to repair, rehabilitate or improve their dwellings to a minimum level of health and safety;
- Modifications to low income homeowner and rental units to improve the accessibility of the dwelling for disabled occupants;
- Adaptations for low income seniors who have difficulty with daily living activities in the home; and
- Limited modifications to eligible households to accommodate an aging parent.

The loan amount has to be repaid, but a portion can be forgivable depending upon a sliding income scale and the amount of required repairs.

Emergency Repair Program

Under this program, assistance will be provided in the form of a non-repayable contribution when the home requires urgent repair for continued safe habitation.

OTHER HOUSING PROGRAMS

The Department of Family and Community Services also assists low-income seniors in need of subsidized rental accommodation through:

- Public Housing;
- Rent Supplement; and
- Non-Profit Housing.

In order to qualify for these programs, the household income of the applicant has to be below the "housing income limits" which vary by household size and by geographical areas within the province.

Housing Division Offices	Telephone	Fax
Fredericton	(506) 457-7868	(506) 453-2223
Campbellton	(506) 789-4909	(506) 789-4908
Bathurst	(506) 547-7466	(506) 547-7488
Miramichi	(506) 778-6615	(506) 778-8976
Moncton	(506) 856-3111	(506) 856-3113
Edmonston	(506) 735-2633	(506) 735-2630
Saint John	(506) 658-4640	(506) 658-5171
Woodstock	(506) 325-4465	(506) 328-4541
Lamèque	(506) 344-3033	(506) 344-3038

Handicapped Persons (Disability Credit)

Department of Finance
Revenue and Taxation Division
P.O. Box 3000 Fredericton, N.B.
E3B 5G5

Telephone: (506) 453-2404
Fax: (506) 457-7335

Under the Harmonized Sales Tax Act, individuals with a disability that have purchased a motor vehicle from an HST Registrant may apply to the Province of New Brunswick for a refund of 8/15ths of the tax paid (NB component of the HST) if the passenger vehicle, truck or van in respect of which the tax was paid is:

A. Specially equipped with:
1. a device that is used primarily to enable a wheelchair or scooter to enter or leave the passenger vehicle, truck or van, or
2. auxiliary driving controls that are used to facilitate the operation of the passenger vehicle, truck or van; and

B. is not operated by any person for the purpose of earning a profit for any person or as part of any undertaking carried on for gain.

Where a disabled individual purchases a motor vehicle from a private sale and the Provincial Vehicle Tax (PVT) has been paid, the Province of New Brunswick will refund the full 15% PVT.

For more information on criteria for refund, please contact the Department of Finance at the above address.

Public Service Employee Benefits Branch

Department of Finance
P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2296
Toll Free: 1-800-561-4012
Fax: (506) 457-7388

Anyone who has paid into a private pension plan and has questions or concerns about it, should direct inquiries to the Superintendent of Pensions with the Department of Training and Employment Development. Retired provincial employees of government departments; school boards; hospitals; N.B. Power; N.B. Liquor; Workplace, Health and Safety Compensation Commission and the University of New Brunswick should direct pension inquiries and questions concerning other employment related benefit programs (health care, dental care, group life, long term disability) to the Public Service Employee Benefits Branch of the Department of Finance. In most cases these employees will be receiving a monthly cheque (or income by direct deposit) from one of the provincially sponsored pension plans.

Low-Income Seniors' Benefit

Department of Finance
Revenue and Taxation Division
P.O. Box 3000
Fredericton, N.B. E3B 5G5

Telephone: (506) 453-2404
Toll Free: 1-800-669-7070
Fax: (506) 457-7335

The government provides assistance to eligible low-income seniors with a yearly tax-free payment of $100.

To be eligible for the Low-Income Seniors' Benefit, seniors must have been a resident of New Brunswick on December 31 of the taxation year prior to the benefit year (e.g. December 31st, 2001 for the 2002 Seniors' Benefit). In addition, the applicant must have been in receipt of either the federal Guaranteed Income Supplement (GIS) or the Allowance for the Survivor. Where both spouses receive the GIS, and reside at the same address, only one payment will be available.

Applications are available from the Department of Finance and Service New Brunswick. Seniors must return the completed application form, with required documentation, to the Revenue and Taxation Division, Department of Finance at the above address. For more information contact the Department of Finance.

Personal Income Tax

Department of Finance
Revenue and Taxation
Division P.O. Box 6000 Fredericton, N.B.
E3B 5H1

New Brunswick's personal income tax is administered and collected by the federal government through the Canada Customs and Revenue Agency (CCRA). New Brunswick personal income tax rates and bracket structure are applied to federally defined New Brunswick taxable income.

New Brunswick's basic personal non-refundable credits amounts and tax brackets are indexed to the federally indexed amounts.

Contact the CCRA regarding any questions pertaining to your annual income tax return. Please consult the phone book for local CCRA numbers.

The following are the provincial tax brackets and rates for the 2001 taxation year:

Taxable income ($)	Rates
0-30,754	9.68%
30,754-61,509	14.82%
61,509-100,000	16.52%
+100,000	17.84%

Department of Health and Wellness
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2536
Fax: (506) 444-4697

Hospital Services

Acute care is available to entitled residents of New Brunswick through either in-patient or out-patient services at a hospital facility, or through at-home services provided by the Extra-Mural Program.

A variety of services are offered to seniors by health professionals in hospital facilities. Some examples include: medical, nursing, and all diagnostic and therapeutic services such as dietetic, respiratory therapy, physiotherapy, occupational therapy, and more. Admission and care provided to patients in a hospital facility is the responsibility of an authorized physician.

Addiction Services

Services directed toward the abuse of alcohol, other drugs and gambling are provided and include prevention and treatment (detox, outpatient counselling, short-term residential and long-term residential). These services are targeted to all age groups. In some regions, education programs have been developed specifically for seniors. In addition, a variety of resource information is available from regional Addiction Services offices:

Addiction Services - Regional Offices

Bathurst..... (506) 547-2086
Campbellton..... (506) 789-7055
Edmundston..... (506) 735-2092
Fredericton..... (506) 452-5558
Miramichi..... (506) 623-3375
Moncton.....(506) 856-2333
Saint John.....(506) 674-4300
Tracadie-Sheila.....(506) 394-3615

Home Health Care Services

All Regional Hospital Corporations provide home health care through the New Brunswick Extra-Mural Program. The New Brunswick Extra-Mural Program is a provincial home healthcare program that provides comprehensive healthcare services to New Brunswickers in their home and/or community. The mission of the New Brunswick Extra-Mural Program is to provide a comprehensive range of coordinated health care services for individuals of all ages for the purpose of promoting, maintaining and/or restoring health within the context of their daily lives and to provide palliative services to support quality of life for individuals with progressive life threatening illnesses.

The Extra-Mural Program provides quality healthcare services through professional service providers including:

- Clinical Nutritionists
- Nurses
- Occupational Therapists
- Physiotherapists
- Respiratory Therapists
- Social Workers (where funded)
- Speech Language Pathologists

Home Oxygen Program

The New Brunswick Extra-Mural Program also provides a home oxygen program. Oxygen is made available to patients who meet medical criteria, are residents of New Brunswick and are referred to the program by a physician.

For further information contact the Extra-Mural Program Service Delivery Unit closest to you:

Extra-Mural Program Service Delivery Units	**Telephone**	**Fax**
Acadian Peninsula		
Tracadie-Sheila	(506) 394-4100	(506) 394-4117
Caraquet	(506) 726-2808	(506) 726-2808
Lamèque	(506) 344-3000	(506) 344-3001
Bathurst	(506) 544-3030	(506) 544-3029
Blanche Bourgeois (Moncton)	(506) 862-4400	(506) 862-4415
Driscoll (Moncton)	(506) 867-6500	(506) 867-6509
Edmundston	(506) 739-2160	(506) 739-2163
Fredericton	(506) 452-5800	(506) 452-5858
Boiestown	(506) 369-2711	(506) 369-2722
Harvey (Harvey Station)	(506) 366-6434	(506) 366-6443
Grand Falls	(506) 473-7492	(506) 473-7476
Kedgwick	(506) 284-3444	(506) 284-3446
Kennebecasis Valley (Quispamsis)	(506) 848-4600	(506) 848-4620
Miramichi	(506) 623-6350	(506) 623-6370
Oromocto	(506) 357-4900	(506) 357-4904
Restigouche (Dalhousie)	(506) 684-7060	(506) 684-7334
Saint John	(506) 649-2626	(506) 649-2540
St. Stephen	(506) 465-4520	(506) 465-4523
Eastern Charlotte (St. George)	(506) 755-4660	(506) 755-4665
Campobello	(506) 752-4110	(506) 752-4106
Grand Manan	(506) 662-4055	(506) 662-4054
Shediac	(506) 533-2800	(506) 533-2804
Kent Sub-Unit	(506) 743-2000	(506) 743-2001
Sussex	(506) 432-3280	(506) 432-3250
Tantramar Sub-Unit (Sackville)	(506) 364-4400	(506) 364-4405
Woodstock	(506) 325-6838	(506) 325-6862
Perth-Andover Sub-Unit	(506) 273-7222	(506) 273-7220

Tele-Care* **1-800-244-8353**

*(Please see **Helplines**, page 62 for more information)

Ambulance Services Branch

Department of Health and Wellness
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2220
Fax: (506) 457-4909

Health Services Program

Ambulance transportation is provided free to valid Health Card holders, provided the service is to or from a hospital. This program covers such situations as ambulance transportation between a person's residence and the hospital. This program applies to income assistance recipients, subsidized nursing home residents, subsidized special care home residents and child welfare cases only.

Non Health Card Holders

Ambulance services in communities served by a salaried ambulance service costs $120. In communities with non-salaried ("volunteer") ambulance service, the cost is $60. This amount covers all costs of ambulance service within the Maritimes regardless of distance traveled.

Inter-Hospital Transfer Program

Where Medically necessary, the cost of:

- Air and land ambulance transportation of patients between two New Brunswick hospitals, and
- Medically necessary air and land ambulance transportation of patients between a New Brunswick hospital and the nearest appropriate out-of-province hospital in Canada, is paid by the Department of Health and Wellness.

Waiver of Ambulance Service Invoices Recipients of an ambulance service who are on low incomes (OAS/GIS), who use ambulance service on multiple occasions each year or who already contribute to their costs of long-term care may apply for a waiver of each invoice received. Contract information is indicated on the invoice.

Medicare

Department of Health and Wellness
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 453-2161
Fax: (506) 453-2726

Telephone: 1-888-762-8600 (within New Brunswick)
1-506-684-7900 (outside New Brunswick)

Medicare New Brunswick covers most services provided by medical practitioners to eligible residents of New Brunswick, regardless of age. The plan generally covers medical services rendered in New Brunswick and in Canada. In order to maintain Medicare coverage you must be present in the province a minimum of 183 days in a 12-month period.

For services rendered outside Canada, Medicare will only cover emergency services at a maximum daily rate of $100. for in-patient stay and $50. for an outpatient visit. Physician fees are reimbursed at New Brunswick rates. The beneficiary is responsible for paying the difference between the full amount charged and the amount paid by New Brunswick Medicare. The difference can be considerable, and for this reason supplementary health insurance is advised when travelling outside Canada.

Prescription Drug Program

P.O. Box 690
Moncton, N.B. E1C 8M7

Telephone: (506) 867-4515
Toll Free: 1-800-332-3692
Fax: 1-888-455-8322

The Prescription Drug Program provides prescription drug benefits to eligible residents of New Brunswick. The program consists of several individual drug plans each designed to meet the needs of specific beneficiary groups. The New Brunswick Prescription Drug Program only covers drugs dispensed in NB by an approved provider. Beneficiary groups include:

- Eligible New Brunswick residents 65 years of age or older who receive the Guaranteed Income Supplement (GIS) or qualify for the Prescription Drug Program based on an income test;
- Nursing home residents registered with Medicare;
- Persons diagnosed with cystic Fibrosis, who are registered and deemed eligible;
- Organ transplant recipients, who are registered and deemed eligible;
- Individuals who have growth hormone deficiency, who are registered and deemed eligible;
- Persons who are HIV positive, who are registered and deemed eligible)
- Persons diagnosed with Multiple Sclerosis (MS);
- Clients in possession of a valid health card, for prescription drug benefits, issued by the Department of Family and Community Services;
- Children in care of the Minister of Family and Community Services;

A co-payment of $9.05 per prescription for GIS recipients and $15. per prescription for income tested beneficiaries under the PDP Senior' Drug Program is charged. Persons receiving the GIS have a maximum annual co-payment ceiling of $250. There is no co-pay for Nursing Home residents.

There is a $50 registration fee for the specialty plans plus a 20% OR $20 per prescription co-payment fee. An annual ceiling of $500 per family for prescription is in place. Co-pay contribution by registrants with the MS Plan is dependant upon household income and is based on a sliding scale of payments.

Persons with health cards issued by the Department of Family and Community Services contribute a co-payment of $4 ($2 for children under 18) for each prescription. (There is no co-pay for children in the care of the minister.)

Specific details are available by calling the above noted telephone number.

Public Health Services

Inspection

This service is concerned with the health aspects of water and food supply, waste disposal, and sanitation as it relates to the community in general, institutions and recreational areas. Activities include physical inspections to ensure adherence to regulations and standards, monitoring information generated on the quality of water and food, indoor air quality, public education, food and waterborne communicable disease investigation and when necessary, enforcement in the courts.

Health Promotion

Pamphlets and information on a wide variety of topics are available from local Public Health Services offices. Upon request, staff members are available to speak to groups on issues such as nutrition, healthy eating, maintaining healthy weight, tobacco use, safety, managing medication and the benefits of physical activity. The health promotion services available from Public Health staff are intended to help seniors understand their health and the aging process. For further information, contact the local Public Health Services office.

For more information please contact your regional Public Health Services office:

Public Health Services Offices

Bathurst..... (506) 547-2062
Boiestown..... (506) 369-2002
Campbellton..... (506) 789-2266
Caraquet..... (506) 726-2025
Chipman..... (506) 339-7076
Edmunston..... (506) 735-2065
Fredericton..... (506) 453-2830
Grand Falls..... (506) 475-2441
Grand Manan..... (506) 662-3242
Hampton..... (506) 823-6050
Belledune..... (506) 237-3206
Kedgwick..... (506) 284-3422
Miramichi..... (506) 778-6102
Moncton..... (506) 856-2401
Neguac..... (506) 776-3824
Oromocto..... (506) 357-4008
Perth-Andover..... (506) 273-4715
Plaster Rock..... (506) 356-6003
Richibucto..... (506) 523-7607
Sackville..... (506) 364-4080
Saint John..... (506) 658-2454
Shediac..... (506) 533-3354
Shippigan..... (506) 336-3061
St. George..... (506) 755-4022
St. Stephen..... (506) 466-7504
Sussex..... (506) 432-2003
Tracadie-Sheila..... (506) 394-3888
Woodstock..... (506) 325-4408

Seniors' Rehabilitative Equipment Program

Canadian Red Cross Society
New Brunswick Division
P.O. Box 39
Saint John, N.B. E2L 3X3

Telephone: (506) 674-6150
Toll Free: 1-800-561-9151
Fax: (506) 648-5016

Residents of New Brunswick who are aged 65 and over may borrow, without charge, rehabilitative equipment from the Canadian Red Cross Society. Funding for this program is provided by the department of Health and Wellness. To obtain equipment services, a written referral must be completed by a New Brunswick physician, nurse, physiotherapist, or occupational therapist. Most standard equipment is available from the local Canadian Red Cross Society office. Inquiries regarding the availability of specialized equipment may also be directed to the local office. All equipment is returned to the local Canadian Red Cross Society office when it is no longer required.

For further information contact the local Canadian Red Cross Society office:

Canadian Red Cross Society Offices

Bathurst..... (506) 548-2824
Cambellton..... (506) 759-8521
Edmundston..... (506) 736-0050
Fredericton..... (506) 458-8445
Grand Falls..... (506) 473-5897
Moncton..... (506) 863-2650
Richibucto..... (506) 523-4479
Sackville..... (506) 364-8813
Saint John..... (506) 674-6132
Sussex..... (506) 433-5886
Tracadie..... (506) 395-2010
Woodstock..... (506) 328-8881

Mental Health Services

Mental Health Services Division
P.O. Box 5100
Fredericton, N.B. E3B 5G8

Telephone: (506) 444-4442
Fax: (506) 453-8711

The overall mission of the Mental Health Services Division is to improve, restore and/or maintain the mental health and emotional well-being of the citizens of New Brunswick.

This is accomplished through providing treatment, rehabilitation and maintenance programs, as well as promotion/prevention. All programs focus on the individual and ensure individual and community involvement.

Services are available through community mental health services, psychiatric units of regional hospitals and the province's two psychiatric hospitals.

For further information, contact the division's Central Office or one of the local Community Mental Health Services offices near you.

Information related to services with mental health is also available on the Department's Web site.

Community Mental Health Services Offices

Bathurst..... (506) 547-2038
Campbellton..... (506) 789-2440
Caraquet..... (506) 726-2030
Edmundston..... (506) 735-2070
Fredericton..... (506) 453-2132
Grand Falls..... (506) 475-2440
Miramichi..... (506) 778-6111
Moncton..... (506) 856-2444
Richibucto..... (506) 523-7620
Saint John..... (506) 658-3737
St. Stephen..... (506) 466-7380
Sussex..... (506) 432-2090
Woodstock..... (506) 325-4419

Vital Statistics

Vital Statistics
P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2385
Fax: (506) 444-4139

The Vital Statistics office has the responsibility for collecting, recording, tabulating and registering births, marriages and deaths. Copies of birth, marriage or death certificates are available for a fee by contacting the above office. Official certificates can only be issued for births, marriages and deaths which occurred in New Brunswick.

Special Occasion Certificates (non-official) used to commemorate a birth event, special birthday or wedding anniversary are also available.

Individuals who wish to officially change their names or obtain a marriage license can also contact the office.

There is a fee for the products and services mentioned, with the exception of marriage licences that are issued at no cost. These fees are subject to change.

Justice

Legal Aid New Brunswick

Suite 202, 403 Regent Street
Fredericton, N.B. E3B 3X6

Telephone: (506) 451-1424
Fax: (506) 451-1429

All people in New Brunswick are entitled to criminal legal aid if they qualify on the basis of need. The Legal Aid System operated by the Law Society of New Brunswick covers only serious criminal matters. There are eight Legal Aid offices around the province.

The domestic legal aid service is available to victims of spousal abuse in matters such as spousal and child support, child custody and access, restraining orders, and some division of property. Legal representation is also available to clients who are not victims of spousal abuse to obtain and enforce family support orders. It is operated in the Family Division of the Court of Queen's Bench.

Natural Resources and Energy

The Department of Natural Resources and Energy
P.O. Box 600
Fredericton, N.B. E3B 5H1
Telephone: (506) 453-2440
Fax: (506) 453-6699

Hunting and Fishing Licence Fees

Fishing: Residents of New Brunswick, aged 65 and over, may obtain a free licence (for the regular angling season) to angle for landlocked salmon, trout, smallmouth bass and any other fish except Atlantic Salmon. If resident seniors wish to angle for Atlantic Salmon, they must purchase a Resident Salmon Licence (Class 8) at a discounted price. This licence allows angling for Atlantic Salmon as well as other sport fish during the season prescribed for those species. For further information, check the department's annual New Brunswick 'Fish' booklet, a summary of regulations pertaining to recreational angling.

Hunting / Fur Harvesting: Residents of New Brunswick aged 65 and over may obtain most hunting and fur harvesting licences, at reduced fees. For further details, contact the local DNRE District Ranger Office or the Fish and Wildlife Branch or consult the annual 'Hunting and Fur Harvesting' booklet, a summary of regulations pertaining to hunting and fur harvesting in New Brunswick.

Campsite Fees: Discounted campsite fees are available to senior citizens aged 65 and over through the Department of Natural Resources and Energy. The reduced daily fees for seniors, as identified below, apply to unserviced and wilderness campsites at Mount Carleton Provincial Park.

Seniors Citizen Rates for Campsites (Daily Fees):

$10.00 for an unserviced campsite (Sunday through Thursday) $13.00 for an unserviced campsite (Friday through Saturday) $8.00 for Wilderness campsite

Hunters with Physical Disabilities: A disabled hunter card is available for persons having a permanent serious physical disability. The card authorizes the holder to hunt from a stationary motor vehicle.

Sentier NB Trails: The Sentier NB Trail is a concept developed in the early 1990's to develop abandoned railway lines into a 2,000-kilometer trail encompassing all of New Brunswick. Work began on the trail network in 1995 with over 750 kilometers of trail completed and local trails connecting to the provincial network. There is no cost for you to use the Sentier NB Trail. All we ask is that you respect the trail, the environment

and enjoy this wonderful resource. Health studies indicate that daily exercise helps to keep a person healthier and more fit to enjoy life at any age.

New Brunswick Power Corporation

P.O. Box 2000
Fredericton, NB E3B 4X1

Telephone: **1-800-663-6272**
Website:www.nbpower.com

Customer Approved Payment: Customers can register to have their monthly power bill payment withdrawn automatically from their bank account by calling customer service at 1-800-663-6272. For credit and collection information, telephone: 1-888-433-7968.

Dusk to Dawn Area Lighting: For a monthly rental fee, NB Power customers can have security lighting installed on their property. Installation and maintenance are provided by NB Power.

Equalized Billing: Customers can have their yearly energy bill spread out evenly over a 12-month period. Simply call NB Power to start this service.

Home Energy Checks: Any customer can request a free home visit by an energy advisor who will walk through and give advice on energy conservation matters.

* For further information about the above services and programs, contact you local NB Power Corporation office at 1-800-663-6272. * For credit and collection information, telephone 1-888-433-7968.

New Brunswick Advisory Council on the Status of Women

770 Main Street, 8th Floor
Moncton, N.B. E1C 1E7

Telephone: (506) 856-3252
Toll Free: 1-800-332-3087
Fax: (506) 856-3258

The Advisory Council advises the New Brunswick government on matters relating to the status of women, and reports directly to the Minister Responsible for the Status of Women. It consists of 12 members appointed by cabinet who meet at least four times per year to study women's issues. The council may receive and hear petitions from individuals and groups; undertake research on matters relevant to women's equality; recommend and participate in relevant programs; propose legislation and policies to improve the status of women; and publish reports, studies and recommendations.

Issues of concern to the council that may be of special interest to older women fall under the categories of family law, wife assault, pensions, health, poverty, services for alcoholic and drug-dependent women and access to legal services.

Office of the Premier

Room 212 Centennial Building
P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2144
Fax: (506) 453-7407
e-mail: premier@gnb.ca
Website: www.gnb.ca

Congratulatory messages can be arranged for certain birthdays and wedding anniversaries by contacting the Office of the Premier. A certificate or letter of congratulations can be requested as follows:

Message From:	**Birthday**	**Anniversary**
Premier, Prime Minister of Canada, Federal Leader of the Opposition, Member of Parliament, Member of The Legislative Assembly	age 65 and over	25th plus
Lieutenant Governor	age 80 and over	50th plus
Governor General	age 90 and over	50th plus
Queen*	age 100 and over	60th plus

*Requests for messages of the 100th birthday and over and for the 60th anniversary and over need to be accompanied by a photocopy of a birth or marriage certificate or a statement from clergy.

Premier's Council on the Status of Disabled Persons

Suite 648 - 440 King Street
Fredericton, N.B.
E3B 5H8

Tel: (506)444-3000 (voice orTDD)
Toll Free: 1-800-442-4412
Fax: (506) 444-3001
e-mail: pcsdp@gnb.ca
Website: www.gnb.ca/0048

The Premier's Council on the Status of Disabled Persons offers information and assistance to individuals or groups on any topic related to persons with disabilities, and it can act as an intervenor in unusal individual problems. A library of information on topics likely to be of interest to persons with disabilities is maintained.

As well, the council publishes a newsletter and a Directory of Services Offered to Persons with Disabilities in New Brunswick. Information may be distributed in braille or large print or on audiocassette or computer disk if requested.

Service New Brunswick

P.O. Box 1998 Fredericton, N.B.
E3B 5G4

Telephone: 1-888-762-8600
Website: www.snb.ca

Property Tax Allowance Program: On January 1 of each year, a property tax allowance is available to the registered owner (or beneficiary) of a residential property. The property must be the owner's principal residence and the total combined taxable income of the applicant and spouse (or common-law partner) cannot exceed $20,000 in the previous year.

This program will credit up to a maximum of $200 on the tax levy of portion of the property receiving the residential tax credit.

To receive this allowance, an application must be completed each year. Application forms are available at Service New Brunswick (SNB) centres and outlets, as well as through the SNB Teleservices Call Centre and SNB Assessment offices (see below).

For more information, please call the SNB Teleservices Call Centre at one of the following numbers:

1-888-762-8600 (no charge dial)
1-506-684-7901(outside of NB)

Renew **Vehicle Registrations** by Phone or on the Internet:

For the convenience of customers, motor vehicle registration renewals can now be done by phone or on the Internet.

To renew by phone call the SNB Teleservices Call Centre at the appropriate number listed above.

In order to renew on the Internet, visit the SNB website at www.snb.ca.

You must have a valid Visa or MasterCard and will need to have the following items on hand:

1. Registration Renewal Form
2. Vehicle Insurance Card (except for trailers, all-terrain vehicles, and snowmobiles)
3. Visa or MasterCard number and expiry date

Teleservices is available during regular business hours, evenings and Saturdays as follows:

Monday through Friday..... 8:30 AM - 10:00 PM
Saturdays..... 10:00 AM - 5:00 PM

The new registration and licence plate stickers are sent by mail and are generally received within five working days. Vehicle registration forms can still be sent by mail to:

Service New Brunswick
432 Queen St .
P.O. Box 1998
Fredericton, N.B. E3B 5G4

Or by visiting the Service New Brunswick Centre nearest you.

Renewal of **driver's licence**: This service is offered at SNB centres or by mail. You will need:

1. Driver licence renewal form
2. Previous NB driver's licence. (photocopy if mailing)

Medicare Applications and Information: SNB centres, Teleservices, and the Internet site can provide clients with NB medicare application forms. These forms can be mailed to you by calling Teleservices or you can complete the appropriate form at one of SNB's offices throughout the province or on the Internet site.

Application for **parking permits and placards** for person(s) having a disability: Individuals with disabilities can obtain a temporary or permanent parking placard to display in a vehicle for parking in designated areas. An application form must be completed by a physician. The application form can be obtained at any SNB office, Teleservices or the Internet site. Once the form is completed you can forward the document by mail or drop it off at any SNB office to receive your placard.

Change of Address: For your convenience you can also change your address by phone or on the Internet at the phone numbers and website provided for the following documents:

- Motor vehicle registration
- Driver's licence
- Medicare
- Property accounts
- Property accounts
- Parking placard (for persons with disabilities)

Please ensure you have the following information ready:

- Medicare numbers (for all household members)
- Vehicle registration and insurance information
- New Postal Code
- Property account numbers
- Parking placard numbers
- Driver's licence numbers

SNB has also developed an information package for seniors available on the website at http://www.snb.ca. Click on the icon ONLINE Products &

Service Catalogue, then on Forms, Info and Service Package, finally choose Citizens-Life events experiences and milestones. A link to seniors will bring you to many application forms available on the web site. This package was designed to enable seniors to obtain valuable information such as health tips for seniors and much more.

Service New Brunswick Centres and Outlets	Telephone	Fax
Bathurst	(506) 547-2077	(506) 547-7413
Bouctouche	(506) 743-7289	(506) 753-5511
Bristol	(506) 392-5108	(506) 392-5084
Burton	(506) 357-4083	(506) 357-4090
Campbellton	(506) 789-2300	(506) 789-1281
Caraquet	(506) 727-7013	(506) 727-7016
Chipman	(506) 339-7035	(506) 339-7074
Dalhousie	(506) 684-7566	(506) 684-8778
Doaktown	(506) 365-2005	(506) 365-2044
Edmundston	(506) 735-2085	(506) 735-2086
Fredericton	(506) 453-2834	(506) 444-4253
Gagetown	(506) 488-3513	(506) 488-3504
Grand Falls	(506) 473-7708	(506) 473-7709
Grand Manan	(506) 662-7020	(506) 662-7045
Hampton	(506) 832-6003	(506) 832-6109
Hopewell Cape	(506) 734-2395	(506) 734-3057
Kedgwick	(506) 284-3400	(506) 284-3401
McAdam	(506) 784-6809	(506) 784-6800
Miramichi East	(506) 778-6023	(506) 778-6197
Miramichi West	(506) 627-4040	(506) 627-4509
Moncton	(506) 856-2204	(506) 856-2987
Perth Andover	(506) 273-4718	(506) 273-4699
Plaster Rock	(506) 356-6002	(506) 356-6008
Port Elgin	(506) 538-2101	N/A
Richibucto	(506) 523-7610	(506) 523-7629
Sackville	(506) 364-4076	(506) 364-4097
Saint John	(506) 658-2500	(506) 658-3995
Shediac	(506) 533-3330	(506) 533-3339
Shippagan	(506) 336-3017	(506) 336-3072
St George	(506) 755-4004	(506) 755-4091
St Leonard	(506) 423-3030	(506) 423-3009
St Quentin	(506) 235-6004	(506) 235-6042
St. Stephen	(506) 466-7378	(506) 466-7492
Sussex	(506) 432-2002	(506) 432-2122
Tracadie-Sheila	(506) 394-3711	(506) 394-3713
Woodstock	(506) 325-4476	(506) 325-4482

Regional Assessment Offices	Telephone	Fax
Bathurst	(506) 547-2090	(506) 547-2925
Campbellton	(506) 789-2305	(506) 789-2582
Edmundston	(506) 735-2710	(506) 735-2036
Fredericton	(506) 453-2831	(506) 453-3279
Hampton	(506) 832-6060	(506) 832-6008
Miramichi	(506) 627-4028	(506) 627-4029
Moncton	(506) 856-3303	(506) 856-2609
Richibucto	(506) 523-7725	(506) 523-7698
Saint John	(506) 643-6200	(506) 658-2156
St. Stephen	(506) 466-7335	(506) 466-7358
Woodstock	(506) 325-4411	(506) 325-4475

Tourism New Brunswick, Canada

P.O. Box 12345
Campbellton, New Brunswick
Canada, E3N 3T6

Toll Free: 1-800-561-0123

Websites: English: www.TourismNewBrunswick.ca
French: www.TourismeNouveau-Brunswick.ca

New Brunswick, Canada

It's better than your expectations. More exciting than you ever thought it could be. More fun than you ever dreamed possible. It's New Brunswick...and we are ready to make your next vacation the trip of a lifetime.

We'll astound you with natural phenomena! We'll give you an appetite for adventure! We'll entertain you with festivals and folklore!

New Brunswick, Canada. Give us a call.

Training and Employment Development

Department of Training and Employment Development
P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-2597
Fax: (506) 453-7913

New Brunswick Community College

The eleven campuses in the New Brunswick Community College network offer many short-term courses on a full range of skills and activities.

They also offer assistance to the community literacy initiative. There are six Anglophone campuses: Miramichi, Moncton, Saint John, St. Andrews, Woodstock and the New Brunswick College of Craft and Design; and five Francophone campuses: Acadian Peninsula, Bathurst, Campbellton, Dieppe and Edmundston. For further information, contact the nearest community college campus (see below) or through the above address.

New Brunswick Community College Campuses

	Telephone	Fax
Acadian Peninsula	(506) 336-3180	(506) 336-3075
Bathurst	(506) 547-2145	(506) 547-2741
Toll Free:	1-800-552-5483	
Campbellton	(506) 789-2377	(506) 753-3523
Dieppe	(506) 856-2200	(506) 856-2125
Toll Free:	1-800-561-7162	
Edmundston	(506) 735-2500	(506) 735-2717
Extension Service Grand Falls	(506) 473-7764	(506) 473-1468
Miramichi	(506) 778-6000	(506) 778-6001
Moncton	(506) 856-2220	(506) 856-2665
New Brunswick College Of Craft and Design	(506) 453-2305	(506) 457-7352
Saint John	(506) 658-6600	(506) 658-6792
St. Andrews	(506) 529-5000	(506) 529-5078
Woodstock	(506) 325-4400	(506) 328-8426
Extension Services Fredericton	(506) 453-3641	(506) 453-7944

New Brunswick Human Rights Commission

The New Brunswick Human Rights Commission administers the Human Rights Act of New Brunswick, which is a provincial law that prohibits discrimination (inequality) based on age, race, colour, national origin, place of origin, ancestry, religion, physical and mental disability, sex, sexual orientation or marital status. Mandatory retirement is prohibited except when it is based on an employer sponsored retirement or pension plan.

The act applies to all provincially regulated employment, housing and public services, whether in the private or public sectors.

A victim of discrimination may file a complaint with the Human Rights Commission. The Commission investigates and attempts to conciliate such complaints and also works to reduce discrimination through education. See below for the New Brunswick Human Rights Commission office in your area.

New Brunswick Human Rights Commission Offices

Campbellton Office
P.O. Box 5001
Water Street, City Center Room 310
Campbellton, N.B. E3N 3H5
Telephone: (506) 789-2338
Fax: (506) 789-2415 157

Fredericton Office
P.O. Box 6000
751 Brunswick Street
Fredericton, N.B. E3B 5H1
Telephone: (506) 453-2301
Fax: (506) 453-2653

Moncton Office..... Telephone: (506) 856-2422
770 Main Street Fax: (506) 856-2394
Assumption Place,
4th Floor P.O. Box 5001
Moncton, N.B. E1C 8R3

Saint John Office..... Telephone: (506) 658-2414
P.O. Box 5001 Fax: (506) 658-3075 8
Castle Street Saint John, N.B. E2L 4Y9

Pensions Branch

Superintendent of Pensions..... Telephone: (506) 453-2055
P.O. Box 6000 Fax: (506) 453-3806
Fredericton, N.B. E3B 5H1

Anyone who has paid into a private pension plan and has questions or concerns about it, should direct inquiries to the above branch.

Transportation

Department of Transportation Telephone: (506) 453-2802
P.O. Box 6000 Fax: (506) 453-3701
Fredericton, N.B. E3B 5H1

Website: www.gnb.ca/dot/service.htm

Vehicle Retrofit Program

This Program is designed to provide assistance of up to 80% of the first $5,625 and 50% of the next $7,000 towards the cost of eligible accessibility features for a new or existing vehicle, up to a maximum grant amount of $8,000. This grant amount is renewable every 10 years for individuals and 5-years for organizations.

Some examples of features eligible for assistance under this Program include:

- wheelchair lifts and ramps
- hand controls, steering devices and left-foot gas pedals
- wheelchair restraint systems
- special needs seating
- roof, floor and door alterations (if part of an accessibility retrofit)
- scooter lifts

FEDERAL GOVERNMENT SERVICES (www.canada.gc.ca)

Canada Mortgage and Housing Corporation

Fredericton Branch
P.O. Box 158
440 King Street, Suite 600, King Tower
Fredericton, N.B. E3B 5R2

Telephone: (506) 452-3050
Fax: (506) 451-6066

The Corporation undertakes a number of initiatives that are designed to extend the range of housing choices for older Canadians. Publications are available on topics such as Housing Choices for Older Canadians and At Home with Alzheimer Disease: Useful Adaptations to the Housing Environment. There is a fee for most publications.

Income Security Programs

Human Resources
Development Canada
633 Queen Street
P.O. Box 250
Fredericton, N.B. E3B 4Z6

Tel.: 1-800-277-9914 (Eng.)
1-800-277-9915 (Fr.)
TTY: 1-800-255-4786

Human Resources Development Canada (HRDC) administers two income assistance programs for seniors through its Income Security Programs. Application forms and detailed information on these programs can be received through contacting the address above. It is recommended that you call ahead for an appointment. For faster service, call Tuesday through Friday during the middle weeks of the month. Please have your Social Insurance Number ready when you call.

Canada Pension Plan (CPP)

The Canada Pension Plan (CPP), which has been operating since 1966, is designed to help protect you and your family against the loss of earnings if you retire, become disabled or die. It is funded entirely by the contributions of employees, employers and the self-employed, as well as the earnings on the investments of the Canada Pension Plan Investment Fund. The Plan operates in all parts of Canada except in Quebec which has its own similar pension program, the Quebec Pension Plan (QPP).

Canada Pension Plan Retirement Pension

A CPP retirement pension is an earnings-related benefit, payable monthly upon application to people who have been credited with contributions and who are at least age 60. The amount depends on the level of your earnings during your contributory period, and the age at which you choose to begin receiving your pension. Benefits are payable in Canadian dollars, anywhere in the world for your lifetime. You are eligible for a CPP retirement pension if you have applied for the pension, if you have been

credited with contributions to the Plan in at least one year, and either:

a. you are at least 65 years of age; or
b. you are age 60 to 64, and have wholly or substantially ceased working.

You must apply for your retirement pension. If you are receiving a CPP disability benefit when you reach age 65, your disability pension will automatically be converted to a retirement benefit the month after your 65th birthday.

Canada Pension Plan Survivor Pensions

To be eligible for a survivors benefit or death benefit, the deceased contributor must have met the minimum contributory requirements. If the contributory period (from 1966 or age 18, whichever is the latter, until age 65) is more than nine years, contributions must have been made in the lesser of:

a. one third of the calendar years in the contributory period, or;
b. 10 calendar years

There are three types of survivor benefits:

- Surviving Spouse's pension: a monthly pension for the surviving spouse of a deceased contributor
- Children's benefits: flat-rate monthly benefits provided for the dependent child or children of deceased contributors.
- Death benefit: a lump-sum benefit payment to or on behalf of the estate of the deceased contributor.

Canada Pension Plan Disability Pensions

CPP Disability pensions are payable to disabled CPP contributors and to their dependent children. You are eligible for a disability pension if:

- You are between 18 and 65 years of age; and
- You are disabled according to CPP legislation; and
- You have contributed to the CPP in four of the last six years. During that period, your earnings have to be at least 10% of the year's maximum pensionable earnings.

There are two types of disability pensions:

- A monthly pension payable to the disabled contributor; and
- A monthly benefit for the dependent children of the disabled contributor.

Your disability must be a physical or mental impairment that is both severe and prolonged. "Severe" means that your condition prevents you from working regularly at any job, and "prolonged" means that your condition is long term or may result in death. If you have a mental or physical condition which will seriously affect your ability to earn, and will do so for

more than a temporary period, you should consider applying. Your child may be eligible for a disabled contributor's child's benefit if you receive a disability benefit and the child is your natural child, legally adopted child or child adopted in fact, or a child who is in your custody or control. Your child must be under age 18, or age 18 to 25 and in full-time attendance at school or university. If the child reaches age 18 and is not in full-time attendance at school or university, the benefit ceases. If, however, the child returns to full-time attendance at school or university and is still between the ages of 18 and 25, the benefit may be reinstated. A child may receive up to two flat-rate benefits under the CPP if both parents were CPP contributors and are either deceased or are disabled and if all conditions of eligibility are met with respect to both benefits.

Old Age Security Program (OAS)

Basic Old Age Security (OAS)

The basic Old Age Security (OAS) pension is a monthly benefit available, upon application, to persons who meet the requirements. In order to qualify for an Old Age Security Pension you must:

- Be aged 65 years or over; and
- Have reached a minimum of ten years of residence in Canada after reaching age 18; and
- Be a Canadian citizen or a legal resident of Canada; or
- If you no longer reside in Canada, you must have been a Canadian citizen or a legal resident of Canada at the time you ceased to reside in Canada and have resided in Canada for 20 years after age 18.

AGREEMENTS WITH OTHER COUNTRIES

Many immigrants have contributed to social security in their countries of origin. If you have less than the minimum requirements in Canada, you may qualify under an international social security agreement if you resided or worked in a country with whom Canada has an Agreement. To determine if one of these agreements affect you, contact Human Resources Development Canada at the address above.

Guaranteed Income Supplement (GIS)

The Guaranteed Income Supplement (GIS) is an income-tested, monthly benefit for Old Age Security pensioners whose income, other than from the Old Age Security pension, is limited. To qualify for the Guaranteed Income Supplement, you must be receiving the Old Age Security pension, you must be resident in Canada and your income must be at or below the qualifying level. If you are married (legal or common-law), you and your spouse must have a combined income at or below the qualifying level.

Allowance

The Allowance is an income-tested, monthly benefit payable to the 60 to 64 year-olds, who are spouses or common-law partners of Old Age Security pensioners based on the combined income of the couple. To qualify

for the Allowance, you must meet certain requirements relating to age, legal residence, residence in Canada, marital status, and combined income of the couple.

Allowance for the Survivor

The Allowance for the Survivor is an income-tested monthly benefit payable to low income widowed persons 60 to 64 years of age. To qualify for the Allowance for the Survivor, you must meet certain requirements relating to age, legal residence, residence in Canada, marital status and income.

Canada Customs and Revenue Agency

Canadian Residents Going Down South

Many seniors travel to the United States for a vacation or for their health, but still maintain residential ties in Canada. If you travel to the U.S. the Canada Customs and Revenue Agency, CCRA has a pamphlet that will help you understand the Canadian and U.S. tax laws that may affect you. Called Canadian Residents Going Down South, it provides information such as whether you have to file a U.S. tax return, or whether you are affected by the new proposed reporting requirements on foreign property that you own or have an interest in. The information in this pamphlet does not apply to you if you are a U.S. citizen, if you have been granted permanent-resident status (i.e., a green card) by the U.S. Immigration and Naturalization Service, or if you have residential ties to a country other than the U.S. and Canada. The pamphlet also explains how Canadian customs laws apply. For example, regardless of whether you go for seven days or six months, the same benefits apply when it comes to bringing goods into Canada. There are no special benefits for Canadian residents who go south for the winter. Foreign goods or vehicles that you import for your personal use in Canada have to meet all the import requirements, and you have to pay any duties that apply. This means that, if you rent, borrow, own, or maintain goods or vehicles outside the country, you cannot bring them into Canada, even for a few days, unless the goods or vehicles meet all the import restrictions, and you pay all duties and assessments that apply. What's the bottom line? After seven or more days' absence, you can bring in goods worth up to $750. Canadian without paying any duties. For goods worth more than $750., duties are charged only on the amount that is more than $750. For example, for an $800. item, you have to pay duties on $50. You can include limited amounts of alcoholic beverages and tobacco products in the $750. exemption. In addition, you have to carry these products with you or in your checked luggage. The pamphlets *I Declare* and *Bringing Back Goods from the United States* give more details on customs requirements. For more information or to order publications from within New Brunswick, please contact the CCRA at 1-800-461-9999 for customs related inquiries. (For service in French: 1-800-959-2036)

Income Tax Filing Services

The CCRA also provides the following tax assistance services:

Volunteer Program
Through its tax services offices, Canada Customs and Revenue Agency provides special training sessions to interested volunteers on how to complete basic income tax returns. These volunteers can help people of all backgrounds. People who want to become volunteers or who need help from a volunteer should call their Tax Services Office at 1-800-959-8281.

Telephone Service
The general enquiries telephone service makes it easy and convenient when additional help is needed for clients to complete and file their returns. During the filing season, tax services offices also offer extended evening service. New Brunswick clients can call Monday to Friday 8:15 a.m. to 5:00 p.m. at 1-800-959-8281 (For service in French: 1-800-959-7383). Since the dates for the extended hours change each year people wanting to use this service should check the information included in their income tax package before calling.

TELEFILE (IMPÔTEL)
TELEFILE is The CCRA's telephone-based system for filing individual returns. If you are eligible, and have a push button telephone with Touch-Tone(service, you can file your tax return by telephone. It's free, available seven days a week, takes only a few minutes and you'll get your Notice of Assessment sooner. Look for the TELEFILE invitation in your personalized income tax package. For more information or a demonstration of the TELEFILE service, contact your tax services office at 1-800-959-8281.

NETFILE (IMPÔTNET)
NETFILE is our newest electronic tax-filing option. If you are eligible, NETFILE will allow individual taxpayers who have access to the Internet to send their returns electronically. Look for the NETFILE invitation in your personalized income tax package. For more information contact your tax services office at 1-800-959-8281.

Publications
The most important source of income tax information is the income tax guide that accompanies each tax return. It is easy to read and answers most common questions. The Agency also publishes other guides to meet the needs of specific groups of clients. These publications are available free-of-charge from the following tax services offices or by calling: 1-800-959-2221: (For service in French: 1-800-959-3376)

Saint John Tax Services
126 Prince William St.
Saint John, N.B. E2L 4H9

Bathurst Tax Services
201 St. George St.
Bathurst, N.B. E2A 4L8

Moncton Tax Services
771 Main St.
Moncton, N.B. E1C 1E9

Clients can also get electronic copies of forms and publications through the Internet at the following address: www.ccra.ca (French link: www.adrc.ca)

Population and Public Health Branch

Health Canada has adopted a population health approach to further its continuing mandate to maintain and improve the health of Canadians. The population health approach integrates action on a broad range of determinants that affect the health of all Canadians. To support this approach, the Population Health Fund has been created. Health Canada's population health approach incorporates a life cycle framework which consists of three life stages: childhood and adolescence, early to mid-adulthood and later life. This approach emphasizes action on health determinants within a specific life stage and across the life span. The Population Health Fund has three objectives it seeks to achieve through strategic project funding:

- To increase capacity for action on or across determinants of population health.
- To develop, implement and disseminate innovative models for applying the population health approach.
- To increase the knowledge base for future program and policy development.

The Fund is designed to support time-limited projects sponsored by voluntary, non-profit, non-government organizations which contribute to an increased capacity for action on the determinants of population health. For more information on the Fund contact:

Population and Public Health Branch
Health Canada 1st Floor
10 Highfield Street Moncton, N.B.
E1C 9V5

Telephone: (506) 851-7007
Fax: (506) 851-3197

Veterans Affairs Canada

Campbellton District Office
157 Water Street
City Centre, Room 501
P.O. Box 310
Campbellton, N.B. E3N 3G7

Telephone: (506) 789-4700
Fax: (506) 789-4720
Toll Free: 1-800-350-7955

Saint John District Office
3rd Floor, Building A
Hilyard Place, 560 Main Street
P.O. Box 1406
Saint John, N.B. E2L 4J7

Telephone: (506) 636-4815
Fax: (506) 636-4788
Toll Free: 1-800-349-9788

Last Post Fund - Saint John area, toll free:1-506-658-9707
All other NB areas, toll free:**1-800-561-0505**

Counseling and Other Services
Veterans Affairs Canada offers personalized counseling on available services and benefits, including explanations of eligibility criteria, needs assessment, advocacy, health and safety education, as well as community and other programs. Within the Department, the Bureau of Pensions Advocates provides free legal assistance for pension-related issues, in the form of counseling, case preparation and representation for appeals.

Disability Pensions
Disability pensions are awarded to former members of the Canadian Armed Forces (and, in certain cases, current members) and to Merchant Navy Veterans and civilians who served in close support of the Canadian Armed Forces during wartime, for disabilities or death related to their service. Disability pensioners may receive additional benefits on behalf of spouses and dependent children, and benefits may be payable to their surviving spouses and dependent children.

Funerals, Burials and Gravemarkers
Assistance toward funeral and burial expenses up to an established limit is available to eligible persons. Contact the Last Post Fund at the toll-free listed above for further information and details.

Health Care
Treatment benefits may include medical, surgical and dental care, prosthetic devices, home adaptations, supplementary benefits such as travel costs for examinations or treatment, and other community health care services and benefits. Palliative and respite care may also be provided. Income-qualified veterans and certain civilians may be eligible for treatment benefits not provided under a provincial health insurance plan or for long-term care in departmental or community facilities.

Income Support
A number of programs are available which provide financial assistance to eligible veterans, civilians, dependants and survivors. These programs include War Veterans Allowance, Assistance Fund, Veterans Insurance, and Trust Fund Management.

Veterans Independence Program (VIP)
The goal of this program is to help eligible veterans and certain qualified civilians remain healthy and independent in their own homes or communities. Under VIP, the Department pays for services such as grounds maintenance, housekeeping, meals-on-wheels, personal care, care by health professionals, transportation for social activities and nursing home care. For more information on these programs, contact one of the New Brunswick district offices of Veterans Affairs Canada.

Non-Governmental Organizations

Société Alzheimer Society

P.O. Box 1553, Station "A"
33 Main Street Fredericton, N.B.
E3A 1B7

Telephone: (506) 459-4280
Fax: (506) 452-0313

Family Information and Referral Line: **1-800-664-8411**

The Alzheimer Society of New Brunswick is the central part of a volunteer driven, three-tiered structure that links Alzheimer Canada with local Alzheimer groups in various New Brunswick communities. Our mission is to assist persons with Alzheimer Disease and related illnesses, and their caregivers through the provision of support, education, advocacy and research.

Services offered through the Alzheimer Society include:

- Helpline - A 1-800 toll free Family Information and referral line
- Information to those concerned about Alzheimer Disease and other illnesses
- Monthly Education Support Meetings providing current information on AD and related illnesses
- Early Stage Support Groups for persons just diagnosed with AD and their care providers
- Speakers Bureau
- Advocacy
- Resource Library of books, videos, journals, etc.
- "Circles of Care" Certificate Program in Dementia Care
- Education through workshops and public forums
- A national Wandering Persons Registry
- Research

Alzheimer Society Support Groups & Community Contacts:

Location	Contact	Telephone
Albert	Kit Ogilvie	(506) 882-2671
Bath	Wilma Inman	(506) 278-6013
Beresford	Katherine Hentschel	(506) 542-9737
Blacks Harbour	Debbie Harris	(506) 456-4218
Doaktown/Boiestown	Caroline Swazey	(506) 369-7350
Edmunston	Cecile Paillard	(506) 263-3462
Fredericton	Leona Gallant	(506) 459-4280
Grand Falls	Anne Marie LaForge-Theriault	(506) 475-2465
Grand Manan	Jackie Munroe	(506) 662-7111
	Mary Hawkins	(506) 662-8361
Harvey	Gloria Rutherford	(506) 366-3658
	Karen Martin	(506) 366-3269
Minto	Jennifer Dobbelsteyn	(506) 327-7853
Miramichi	Susan Butler	(506) 622-1780
Moncton	Paulette Wallace	(506) 858-8380
Oromocto	Leona Gallant	(506) 459-4280
Richibucto	Marie Vautour	(506) 876-2066
Riverglade	Carolyn Kierstead	(506) 756-3355
Saint John	Susan Whittaker	(506) 634-8722
Shediac	Denise Gallant	(506) 532-1250
St. Andrews	Susan Gowan	(506) 529-5245
Sussex	Jean Price	(506) 433-1909
Woodstock	Joan McKell	(506) 328-6954

Chapters:

Campbellton	(506) 753-5000
Miramichi	(506) 773-7093
Moncton	(506) 858-8380
Saint John	(506) 634-8722

Arthritis Society

New Brunswick Division
Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone: (506) 452-7191 65
Toll Free: 1-800-321-1433
Fax: (506) 459-3925
e-mail: info@nb.arthritis.ca
Website: www.arthritis.ca

The mission of the Arthritis Society is to search for the cause and cure for arthritis, and to promote the most effective care for people with arthritis. It is the only non-profit organization in Canada devoted solely to funding and promoting arthritis research, patient care and public education.

New Brunswick branches provide information and education to the public, patients and health professionals. The Arthritis Society is also active in our communities helping people with arthritis deal with living day to day with the over 100 diseases under the umbrella of arthritis. They provide an Arthritis Self-Management Program throughout the province, which is

delivered by trained volunteers. This program helps people with arthritis achieve a reduction in pain and disability from arthritis, a reduction of depression caused by arthritis, and a reduced dependence on the health care system.

The Society also provides a workplace education program, free information packages on different forms of arthritis and their programs, as well as a video library.

Association acadienne et francophone des ainées et ainés du Nouveau Brunswick

7, rue Beau-Rivage
Richibuctou, N.B. E4W 3W4

Tel: **1-866-523-0090** or 523-0090
Fax: (506) 523-7009
e-mail: rogdoi@nbnet.nb.ca

This association represents French speaking seniors in New Brunswick. It was officially established in April, 2000.

Atlantic Blue Cross Care Seniors' Health Program

644 Main Street
P.O. Box 6075
Moncton, N.B. E1C 8L3

Branches: Bathurst Fredericton
Moncton Saint John

Toll Free: 1**-800-565-0065**

The Atlantic Blue Cross Care Seniors' Health Program provides access to the New Brunswick Drug Program for those residents in New Brunswick who are not otherwise eligible. The program also makes available extended health benefits such as chiropractic and physiotherapy services, diabetic testing supplies, vision care, foot care, hearing aids, orthotics, ostomy supplies, prosthetics, ambulance, mobility oxygen and home nursing care. To apply for coverage, you must be a resident of New Brunswick, 65 years of age or older, and be registered with New Brunswick Medicare. Similar coverage is available for spouses under age 65. For more information, please contact Atlantic Blue Cross Care at 1-800-565-0065.

Brain Injury Association of New Brunswick Inc.

527 Beaverbrook Court, Suite 148
Fredericton, N.B. E3B 1X6

Telephone: (506) 454-9537

The Brain Injury Association of New Brunswick was founded in 1987 in response to the needs of families and individuals facing the often catastrophic results of brain injury. These injuries may be the result of accident, stroke or other medical circumstances and can leave the victim mildly, moderately or even severely handicapped. These changes affect the whole family and, indeed, perhaps the whole community. The objec-

tives of the Brain Injury Association of New Brunswick are:

- to ensure that brain injured persons receive the appropriate rehabilitation services and adequate quality of care following the injury;
- to encourage the development of adequate family support;
- to make available information related to issues involving brain injured persons;
- to further professional education and research;
- to promote prevention of brain injury; and
- to provide support and advocacy.

BIANB is dedicated to ensuring that individuals living with brain injury, and their families have the opportunity for learning, access to needed resources and supports, and to seek and enjoy meaningful work and to live with dignity and respect. The Mission Statement of the BIANB is: "together improving the quality of life for individuals with brain injury and for their families".

Canadian Cancer Society

New Brunswick Division
P.O. Box 2089
Saint John, N.B. E2L 3T5

Toll Free: 1-800-455-9090
Telephone: (506) 634-6272
Fax: (506) 634-3808
e-mail: ccsnb@nbnet.nb.ca
Website: www.cancer.ca

Toll Free Cancer Information Service: **1-800-939-3333**

The Canadian Cancer Society is a national, community-based organization of volunteers, whose mission is to eradicate cancer and to improve the quality of life of people living with cancer. The Canadian Cancer Society, together with the National Cancer Institute of Canada, achieves its mission through research, education, patient services and advocacy for healthy public policy. These efforts are supported by volunteers and funds raised in communities across Canada. Individuals may contact the Canadian Cancer Society New Brunswick Division office at the above address and phone numbers, e-mail or web site address.

Canadian Council of the Blind

New Brunswick Division
Mrs. Linda Sobey, President
761 Rte 435 Hwy
Maple Glen, NB E1V 4X4

Telephone: (506) 622-4997
e-mail: whitecane@nb.aibn.com

PURPOSE AND OBJECTIVES:
The main objectives of the CCB (Canadian Council of the Blind) are to give people who are BLIND or VISION IMPAIRED a voice in their own affairs (through the consumer advocacy movement) and to provide rehabilitation through Social and Recreational Activities.

The objectives of the Council are threefold:

a. To promote the well-being of individuals who are blind or vision impaired through higher education, profitable employment and social association and to create a closer relationship between blind and sighted friends.
b. To organize a nation-wide organization of people who are blind and vision impaired and groups of blind persons throughout Canada.
c. To promote measures for the conservation of sight and the prevention of blindness.

CCB Clubs in New Brunswick welcome members who are blind or vision impaired who are registered or enrolled with the CNIB (Canadian National Institute for the Blind). Also. family members, friends or people who are interested in helping the Blind may also join as Associate or Volunteer members.
At the Club Level a lot of activities are done throughout New Brunswick in the Clubs - Bathurst, Central NB, Fredericton, Moncton, Miramichi, Restigouche, Saint John, Shippagan, and Western Valley.
Contact the above (Linda Sobey) for further details.

Canadian Deafblind & Rubella Association

New Brunswick Chapter
34 Islandview Drive
Fredericton, N.B. E3C 1K3

Telephone: (506) 452-1544
Fax: (506) 451-8309
e-mail: cdbra@nbnet.nb.ca

Mission Statement

The Canadian Deafblind and Rubella Association is committed to assisting all persons who are deafblind to achieve, with Intervention, the best quality of life.

Individuals are considered to be deafblind if they have a substantial loss of both sight and hearing such that neither is a reliable access to information. The combination of these sensory losses results in significant difficulties in acquiring educational, vocational, and social skills.

Intervention is the process that allows an individual who is deafblind to receive visual and auditory information that they are unable to gather on their own in a way meaningful to them such that he or she can interact with the environment and thus be enabled to establish and maintain maximum control over their lives.

Intervention

To develop and provide Intervention services tailored to the needs of deafblind persons. Intervention will address education, vocation, socialization, recreation, communication and will promote an active living lifestyle. Intervention will be designed on an individual basis. An evaluation system will be used to keep the Intervention current and effective.

Visit our website at www.deafblind.nb.ca

Canadian Diabetes Association

New Brunswick Division
61 Carleton St
Suite 2
Fredericton, N.B. E3B 3T2

Telephone: (506) 452-9009
Toll Free: 1-800-884-4232
Fax: (506)455-4728
e-mail: nbinfo@diabetes.ca
Website: www.diabetes.ca

The Canadian Diabetes Association, a national, independent, self-financing organization, promotes the health of Canadians through diabetes research, education, service and advocacy. With over 150 branches across the country, the Canadian Diabetes Association is now a leading supporter of diabetes research, education, service and advocacy. Together with its sections and councils, its volunteers and employees, the Canadian Diabetes Association plays an invaluable role in the everyday lives of the over two million Canadians who live with diabetes. Calling the 1-800 number or visiting our Web site can access information on diabetes. Canadian Diabetes Association offers a variety of services to people with diabetes and their diabetes. A few examples are education sessions, camp for children with diabetes, a leadership-in-training, travel health insurance and credit life insurance. Many of our services are free of charge. We'll refer you to the resources that best fit your needs. If we don't have the information you need, we will do our best to find it for you!

Canadian Hard of Hearing Association

2435 Holly Lane, Suite 205
Ottawa, Ontario
K1V 7P2

Telephone: (613) 526-1584
TTY: (613) 526-2692
Toll Free: 1-800-263-8068
e-mail: chhanational@chha.ca
Website: www.chha.ca

The Canadian Hard of Hearing Association (CHHA) is a consumer-based organization formed by and for hard of hearing Canadians. CHHA works cooperatively with professionals, service providers and government bodies and provides information about hard of hearing issues and solutions.

Mission: CHHA is the national voice of all hard of hearing Canadians. It is a non-profit, self-help, bilingual consumer organization run by and for persons who are hard of hearing. The philosophey of CHHA is to produce knowledgeable hard of hearing consumers who understand how to have their needs met. Its mission is to raise public awareness concerning issues that are important for persons who are hard of hearing, to promote their integration in Canadian society, to remove any barriers to their participation and to generally make every community in Canada a better place for persons who are hard of hearing.

Provincial Chapter:

CHHA New Brunswick
Cynthia Black, President
49 Broadway Street,
N.B. E1A 3Y1

Telephone: (506) 859-6930 (h)
(506) 384-4507 (w)
Fax: (506) 384-7509 Moncton,
e-mail: chha1999@nbnet.nb.ca

Local Branches:

CHHA Fredericton
Terry Brown, President
625 Palmer Street
Fredericton, N.B. E3B 3V2

Telephone: (506) 457-2366
e-mail: terrybrown@attcanada.net
(meets 4th Tues. of the month, Seniors' Centre, Johnston Ave., 7:30pm)

CHHA Moncton
John Lutz, President
49 Broadway Street
Dr. Moncton, N.B. E1A 3Y1

Telephone: (506) 859-6930 (h)
e-mail: chha1999@nbnet.nb.ca
(meets 4th Thurs., Sept.-June, Georges L. Dumont Hosp., 2ndFl, 7:00pm)

Saint John: Ian Hamilton
Ave., Suite 201
Saint John, N.B. E2K 1E7

Tel: (506) 657-7643 400 Douglas
e-mail: winslow@nbnet.nb.ca

Canadian Hemophilia Society

New Brunswick Chapter
Corbett Avenue
Fredericton, N.B. E3A 3X4

Telephone: (506)450-8424 44
Fax: (506) 452-9329

The Canadian Hemophilia Society distributes literature and coordinates, in cooperation with a medical advisor, home care self-infusion programs; ensures an adequate supply of high quality blood products in cooperation with blood product suppliers; advises and communicates with hemophiliac persons; and educates families who have hemophiliac members.

Canadian MedicAlert® Foundation

2005 Sheppard Ave. East, Suite 800
Toronto, ON M2J 5B4

Telephone: **1-800-668-1507**
Fax: (416) 696-9340

The Canadian MedicAlert(Foundation offers lifelong medical information and identification services for Canadians with medical needs that should be known in an emergency. These include medical conditions, food or drug allergies, medications and special needs. A MedicAlert(membership includes a bracelet or necklet custom-engraved with each member's vital medical information, a 24-hour emergency hotline providing emergency and medical professionals immediate access to member's medical records, and a wallet card. More than one million Canadians are members of the Canadian MedicAlert® Foundation. Over 50% of members are over the age of 50. For more information or to enroll in MedicAlert®, call 1-800-668-1507.

Canadian Mental Health Association

New Brunswick Division
292 - 65 Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone: (506) 455-5231
Fax: (506) 459-3878

The Canadian Mental Health Association promotes mental health in New Brunswick and advocates to ensure the best care, treatment, and rehabilitation for persons with emotional and mental problems. The association also conducts research on mental health challenges. Services offered through New Brunswick's 11 Regional Community Workers and nine branch offices include:

- Public awareness and promotion through workshops, courses, presentations and media addresses on topics such as "What is Mental Health?" "Stress Awareness," "Self-Esteem," "Suicide Awareness," "Suicide Intervention," and many more.
- Community development and support of activity centres, self-help groups (Emotions Anonymous, Depressed Anonymous, Recovery, Friends and Family of the Schizophrenics, Survivors of Suicide, and many more).
- Advocacy of individual cases and of systematic issues.
- Volunteer recruitment and development.
- Referral and information service regarding the services available to help people cope with various situations and the materials (books, videos, cassettes, pamphlets, support groups) available on subjects related to mental health and mental health issues.

Canadian National Institute for the Blind

New Brunswick Division
231 Saunders Street
N.B. E3B 1N6

Telephone: (506) 458-0060
Fax: (506) 458-9219 Fredericton,

Service Centres:

Bathurst (506) 546-9922
Moncton (506) 857-4240

Fredericton (506) 458-0060
Saint John (506) 634-7277

The Canadian National Institute for the Blind is a charitable, non profit, voluntary agency which provides rehabilitation and support services to persons who are blind and visually impaired. CNIB's services are available to anyone whose vision loss causes him/her difficulty. CNIB operates four service centres from which services are available on an itinerant basis anywhere in the province. The core services provided by CNIB include: counselling and referral; orientation and mobility (including white cane travel); rehabilitation teaching (life skills, home management, braille); low vision assessment and training with magnification aides, prevention of blindness education; technical aids demonstration and training; employment counselling; and talking book and braille library services.

Canadian Paraplegic Association (NB) Inc.

440 Wilsey Road, Suite 102
Fredericton, N.B. E3B 7G5

Bathurst: (506) 548-5700
Fax: (506) 548-4725
Fredericton: (506) 462-9555
Fax: (506) 458-9134
Moncton: (506) 858-0311
Fax: (506) 858-8290

The Canadian Paraplegic Association offers counseling, referral services and practical information to all mobility impaired persons. This includes, but is not limited to, information on home modifications, technical aids, transportation, recreation and program accessing. The Canadian Paraplegic Association promotes and works toward barrier free access in all communities.

Canadian Red Cross Society

New Brunswick Division
70 Lansdowne Avenue
P.O. Box 39
Saint John, N.B. E2L 3X3

Telephone: (506) 674-6200
Fax: (506) 648-5095

The Canadian Red Cross Society offers a variety of services to seniors throughout the province. Red Cross home support workers provide assistance in the activities of daily living - such as personal care, meal planning and preparation and household management. The Healthcare Equipment Loan Program provides free of charge, loans of standard equipment such as hospital beds and mattresses , raised toilet seats, overbed tables , commodes and mobility aids such as wheelchairs, canes and crutches to those disabled or convalescing. Tub transfer benches, shower grab bars , versa frames and wheeled walkers are available to those over 65 years of age. Specialized equipment in the Seniors Rehabilitative Equipment Program is available through the regional office. Bath lifts , Spring loaded seats , trapeze bars , pressure bed pads and specialized wheelchairs must be requisitioned from a NB Physiotherapist , Occupational Therapist , Extra Mural , Public Health or VON Nurse. Specialized equipment is sent directly to the client's residence. Meals-to-Seniors volunteers deliver hot, nutritious meals to seniors who, through disability or illness, are unable to prepare their own meals. Seniors' Services such as friendly visiting, senior sitter, telephone reassurance, transportation and handyperson programs are provided in response to community needs across New Brunswick. All services may be provided to the senior for a short or long term. For more information, please contact the Canadian Red Cross office nearest you. (see Seniors' Rehabilitative Equipment Program, page 19).

Cerebral Palsy Foundation (Saint John) Inc.

P.O. Box 2152
Saint John, N.B.
E2L 3V1

Telephone: (506) 648-0322
e-mail: cpfsj@mail.com

The Cerebral Palsy Foundation provides assistance to people with cerebral palsy who need special equipment. Fund-raising and awareness activities are held throughout the year, and literature is sent to individuals on request.

Choices after 50

P.O. Box 1291
Saint John, N.B. E2L 4H8

Telephone: (506) 658-0754
Fax: (506) 633-0868

Choices after 50 is a bi-monthly information newspaper, written by professionals whose work revolves around helping 50-plus readers. Articles on health, finances, housing, recreation, travel and other matters provide information of interest and importance to mature readers. The newspaper is available free to readers if picked up at area locations or by subscription for $13.50/year. For information on local distribution centres, contact the above address.

Crohn's and Colitis Foundation Canada

Regional Office - Halifax

Telephone: **1-800-265-1101**
or 902- 422-8137

Fredericton Chapter
45 Finnamore St Oromocto,N.B.
E2V 2J9

Telephone: (506) 357-9765

Moncton Chapter
27 Ashburn Ave Moncton, N.B.
E1B 3C8

Telephone: (506) 387-4806

Saint John Chapter
221 Germain St Saint John, N.B.
E2L 2G5

Telephone: (506) 642-6424

Miramichi Chapter
1711 Route 420 Redbank, N.B.
E9E 2A1

Telephone: (506) 836-7618

Chapter-Services Coordinator - NB
Jo-Anne Mowry
200 Worden Road Hampton, N.B.
E5N 1T5

Telephone: (506) 832-7892
1-800-265-1101

The Crohn's and Colitis Foundation Canada (CCFC) is a voluntary non-profit organization dedicated to finding the cause of and cure for inflammatory bowel disease (IBD) by funding medical research and providing educational programs. IBD is a painful disease which can and does strike anyone regardless of age, sex or race. It usually occurs between the ages of 15 and 30, with a second incidence peak affecting people aged 50 to 80. The foundation also aims to improve the treatment of patients and provides current IBD information for patients and their families, health

professionals and the general public. A selection of brochures, audio visual programs and medical seminars are available to all interested parties. CCFC has over 12,000 members in 80 chapters across Canada who hold educational meetings and participate in fundraising efforts to raise the public's awareness of these common, but frequently misunderstood diseases.

Heart and Stroke Foundation of New Brunswick

110 Crown Street, Suite 340
Saint John, N.B. E2L 2X7

Telephone: (506) 634-1620
Fax: (506) 648-0098
Toll Free: 1-800-663-3600

The mission of the Heart and Stroke Foundation of New Brunswick is to improve the health of New Brunswickers by preventing and reducing disability and death from heart disease and stroke through research, health promotion and advocacy.

Education programs focus on the major risk factors for heart disease and stroke. The Foundation provides free literature on a wide range of topics such as controlling stress, cholesterol, managing high blood pressure, physical activity, healthy eating and smoking cessation.

Heart disease and stroke touches all age groups and these diseases are the #1 killers of Canadians.

Horizons

236 St. George Street, Suite 100E
Moncton, N.B. E1C 1W1

Telephone: **1-800-453-4333**
or (506) 857-8242
Fax: (506) 857-0315

The official newspaper of the New Brunswick Senior Citizens' Federation Inc.. Horizons aspires to a deeper awareness of the human community and its environment by exploring issues relevant to seniors. It is a forum promoting reflection and discussion. It is available with membership in the Federation or by subscription.

For more information, contact the New Brunswick Senior Citizen's Federation.

Kidney Foundation of Canada

New Brunswick Branch
Brunswick Street, Suite 101
Fredericton, N.B. E3B 1G5

Telephone: (506) 453-0533 65
Toll Free: 1-877-453-0533
Fax: (506) 454-3639
e-mail: kidney@nbnet.nb.ca
website: www.kidney.ca

The Kidney Foundation of Canada is a national voluntary health organization dedicated to the eradication of kidney disease and related disorders. The foundation plays a leadership role in promoting organ donation and

assuring equal access to high quality care and treatment. Patient services include providing emergency expense money for those who must travel to receive treatment; supplying patient manuals to those training for dialysis or awaiting transplant; and offering peer support groups.

Multiple Sclerosis Society of Canada

Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, N.S. B3B 1L5

Telephone: (902) 468-8230
Toll Free: 1-800-268-7582
Fax: (902) 468-5328
e-mail: info.atlantic@mssociety.ca

The mission of the MS Society of Canada is to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life. The Atlantic Division raises funds to help support MS research as well as provide information, funding and support to those affected by MS.

Some of the services the Atlantic Division provides are literature, education sessions, Self-Help groups and two funding programs: The Equipment Provision Program and the Special Assistance Program.

Multiple Sclerosis Society of Canada: Call 1-800-268-7582 for local numbers of the following Chapter and Self-Help Groups:

- New Brunswick Chapters
- New Brunswick Self-Help Groups
- Greater Moncton Chapter
- Greater Moncton Self-Help Group
- NB Kings (Sussex) Chapter
- Fredericton Self-Help Group
- Fundy Region (Saint John) Chapter
- Restigouche Chapter

New Brunswick Association for Community Living

86 York Street
Fredericton, N.B. E3B 3N5

Telephone: (506) 458-8866
Fax: (506) 452-9791
e-mail: nbacl@nbnet.nb.ca

The New Brunswick Association for Community Living (NBACL) is a non-profit provincial federation of 20 local associations located throughout the province. Our vision is the full participation of persons with intellectual disabilities in all aspects of society. NBACL/ANBIC works to ensure that people with intellectual disabilities, with the support of their families, have the option to choose the supports they need to live meaningful lives and participate in their communities as valued and contributing members.

Information and support is provided to families who have members with an intellectual disability.

New Brunswick Easter Seal March of Dimes (CRCD)

65 Brunswick Street
Fredericton NB E3B 1G5

Telephone: (506) 458-8739
Fax: (506) 453-1723

New Brunswick Easter Seal March of Dimes is the principle New Brunswick agency working in partnership with people with physical disabilities so that they may attain independence and equality of opportunity generally available in the community. New Brunswick Easter Seal March of Dimes offers direction to existing government or other services, and uses its own resources to provide help that is otherwise unavailable.

Among its services are provision of: transportation, meals, and lodging allowances to people who have to travel for medical treatment; orthopedic shoes; and many types of appliances, wheelchairs, computers, and technical aids.

Additionally New Brunswick Easter Seal March of Dimes, upon the referral of a client by a health professional, loans rehabilitation equipment for assessment purposes. Once the assessment is complete, the equipment may either be used through a New Brunswick Easter Seal March of Dimes long-term loan or be purchased through an appropriate source.

New Brunswick Easter Seal March of Dimes also has an extensive library of information on various disabilities, rehabilitation equipment and services. The library is open to the public from 9:00 a.m. - 5:00 p.m., Monday through Friday. Speakers and films are available on request.

New Brunswick Lung Association

65 Brunswick Street
Fredericton, N.B. E3B 1G5

Telephone: (506) 455-8961
Fax: (506) 462-0939

The mandate of the New Brunswick Lung Association is to improve respiratory health. The association funds national and provincial research on lung health and disease and provides education and support for individuals.

Activities include camps, peer and parent support groups, workshops like "Asthma Day", teen seminars, health promotion for children, smoking cessation programs, an equipment loan program, and counselling and information services.

NB Safety Council Inc.

440 Wilsey Road, Suite 204
Fredericton, N.B. E3B 7G5

Telephone: (506) 458-8034
Toll Free: 1-877-762-7233
Fax: (506) 444-0177
e-mail: info@nbsafety.com
Website: www.nbsafety.com

The NB Safety Council Inc. is a non-governmental, non-profit charitable organization. The Council works energetically to prevent collisions through safety education in the fields of traffic, public and occupational safety. The Council advocates safety for seniors in the following ways:

55 Alive/Mature Driving Course

This voluntary six hour driver refresher course is designed to help mature drivers improve their driving skills. The course examines:

- the effects of aging and medications on driving;
- basic driving rules;
- local traffic hazards;
- adverse road conditions;
- energy saving;
- accident prevention measures;
- trip planning; and
- how to renew your license.

The course is offered province-wide upon request in English or French. The cost for this course is $35 per person.

National Seniors' Safety Week

The NB Safety Council Inc., as a cooperating agency to the Canada Safety Council, endorses National Seniors' Safety Week annually in November. The objective of this annual campaign is to raise public awareness to senior safety issues and to show how seniors themselves can play a vital role in accident prevention by taking safety precautions. Campaign material is available upon request at no charge.

New Brunswick Senior Citizens' Federation Inc.

236 St. George Street
Suite 100-E
Moncton, N.B. E1C 1W1

Telephone: **1-800-453-4333**
or (506) 857-8242
Fax: (506) 857-0315

The New Brunswick Senior Citizens' Federation was created in 1968 to improve the quality of life of all New Brunswickers over the age of 50. Through its communications with government, corporations, national and provincial organizations and the media, the Federation serves as an advocate in all matters of importance to its members. The objectives of the NBSCF are:

- to promote the general welfare and the leadership role of New Brunswick's senior citizens regardless of language, race, colour, sex or creed;
- to elevate the social, moral and intellectual standing of New Brunswick's senior citizens;
- to provide information, cooperation, communication and advocating services to its members.

All NBSCF members receive the Horizons newspaper and Federation mailings and have access to Golden Discounts. Special life, travel and home and auto insurance programs are also made available to Federation members.

Parkinson Society Canada

Maritime Region
5475 Spring Garden Road - Suite 407
Halifax, N.S. B3J 3T2

Telephone: (902) 422-3656
Toll Free: 1-800-663-2468
Fax: (902) 422-3797
e-mail: parkinsonsociety@ns.sympatico.ca
Website: www.parkinson.ca

Parkinson Society Canada, Maritime Region - formerly the Parkinson Foundation of Canada is a national organization with partners from coast to coast. We share a collective vision to ease the burden and find a cure through advocacy, education, research, and support services to improve quality of life for all those affected by Parkinson's.

The national organization is responsible for leadership on national initiatives that impact all Canadians living with Parkinson's. This includes: advocacy and lobbying, developing information (including a national website) about Parkinson's for use across Canada, providing tools for regional partners to implement high quality support services, and actively funding research, movement disorder clinics and outreach programs across Canada.

The Maritime Region provides information, support services and specialized programs in Nova Scotia, Prince Edward Island and New Brunswick. The Maritime Region offers Maritimers living with Parkinson's:

- Free educational information materials on Parkinson's
- The Maritime Parkinson Clinic
- Toll Free access in the Maritime Region: 1-800-663-2468
- Newsletters on current happenings and items of interest
- Educational forums
- Monthly meetings in local self-help groups and chapters
- Parkinson April Awareness month activities The Maritime Region has two large fundraising campaigns that raise money for research and support services:
- The Annual September SuperWalks
- The Tulip Bulb Campaign - tulips are the floral symbol of Parkinson's - bulbs are sold through the spring and early summer for fall planting

Public Legal Education and Information Service of New Brunswick

P.O. Box 6000
Fredericton, N.B. E3B 5H1

Telephone: (506) 453-5369
Fax: (506) 457-7899
e-mail: pleisnb@web.ca
Website: www.legalinfolegale.nb.ca

The Public Legal Education and Information Service of New Brunswick (PLEIS-NB) is a provincial non-profit organization and a registered charity. Its mandate is to provide the public with information about the law. Knowing one's legal rights and obligations can help in making decisions and taking action on legal matters. PLEIS-NB does not provide individual legal advice, only general information about the law. PLEIS-NB operates a number of services such as a video-lending library, a speaker's bureau and a publication program. A broad range of educational booklets are available, many dealing with topics of particular interest to seniors, such as wills and estate planning, planning for incapacity, abuse and neglect, going to a nursing home, and investment fraud.

PLEIS-NB is located in the provincial Department of Justice and receives funding and in-kind support from the Department of Justice Canada, the New Brunswick Law Foundation and the New Brunswick Department of Justice.

Public Libraries

Public libraries in New Brunswick offer a full range of recreational, cultural and educational opportunities for all citizens of the province, including a vast array of books, newspapers, magazines, audio and video-cassettes, and in some libraries, compact discs. Public libraries also offer reference services, including free access to Internet and various electronic resources. In addition, the libraries offer some programs designed specifically with seniors in mind. These programs vary from library to library, so check with the local branch regarding any of the activities or articles listed:

- Easy-to-read large print titles
- Audio-books
- Cassette tapes, including old radio re-runs
- How-to books on such leisure-time activities as gardening, cooking, travel and crafts
- "Browse and Brunch" groups designed for seniors where the library opens early to allow seniors to get together, munch and select books before the hustle of the library begins
- "How-to" sessions on everything from cooking to exercise and decorating
- "Books on Wheels" service to shut-ins
- Bookmobile service to rural populations.

Each Library Region offers a limited talking book service to those who are unable to read print material due to a physical or visual problem. This service offers a range of books recorded on cassette tape. For anyone who does not have access to a player, some Library Regions have a number of sturdy players available on a temporary basis. For further information about services offered at the 61 libraries throughout New Brunswick, contact your local public library, or any of the five Library Region headquarters:

Library Region Headquarters

Albert-Westmorland-Kent Library Region
(Moncton and Area)..... (506) 869-6032
Chaleur Library Region
(Campbellton/Bathurst and Acadian Peninsula..... (506) 789-6599
Haut-Saint-Jean Library Region
(Edmundston and Area)..... (506) 263-3423
Saint John Library Region
(Saint John and Area)..... (506) 643-7220
York Library Region
(Fredericton/Woodstock/Chatham and Area)..... (506) 453-5380

Routes to Learning Canada

300-4 Cataraqui Street
Kingston, ON K7M 1Z7

Telephone: (613) 530-2222

Routes to Learning Canada is a not-for-profit, charitable organization developing, providing and coordinating educational travel programs for all adult Canadians and visitors to Canada. Formerly ELDERHOSTEL Canada, Routes to Learning Canada continues to build on its 20 years of experience in strengthening the bond between Canadians and the rich diversity of their heritage, while sharing that knowledge of ourselves with our friends and visitors.

Collaborating with learning providers to create, nurture, enable and ensure quality learning opportunities for Canadians, or visitors to Canada, Routes to Learning Canada strives to form partnerships and alliances with organizations that value and respect the need to develop lifelong learning opportunities that are resource respectful, culturally sensitive, and contribute positively to the host community. We celebrate our wide-ranging natural, cultural, social, musical, political, historical and artistic wealth through high quality programming in both official languages, according to the needs of our clients.

For more information, please contact us at the above address. You may also wish to view our website at www.routestolearning.ca.

Royal Canadian Legion

New Brunswick Command
P.O. Box 3426, Station B
Saint John, N.B. E2M 4X9

Telephone: (506) 634-8850
Fax: (506) 633-4836
e-mail: legion@nbnet.nb.ca

Eighty-four branches of the New Brunswick Command of the Royal Canadian Legion are active in the province. Each endeavour to help seniors through various social and health care programs and services, ranging from drop-in centres to foot care clinics. Contact the head office in Saint John for more information and for the nearest local Legion office.

Royal Canadian Mounted Police

The RCMP has a number of crime prevention and safety programs available for seniors. Pamphlets and videos describing crime prevention measures are available, and officers will address seniors' groups if requested. For further information, contact your local detachment. NB Crime Stoppers has an excellent record in solving and preventing crime. If you have information on a crime and wish to remain anonymous, and if your information leads to an arrest, you may qualify for a cash award. Call Crime Stoppers at 1-800-222-TIPS, that is 1-800-222-8477. Crime Stoppers will also provide a speaker to explain the program to seniors' groups upon request. Call Crime Stoppers at (506) 452-4105.

St. John Ambulance

Provincial Office
P.O. Box 3599, Station B
Fredericton, N.B. E3A 5J8

Telephone: **1-800-563-9998**
Fax: (506) 452-8699

St. John Ambulance provides, free of charge, trained volunteers to cover events, and offers training in first aid, cardiopulmonary resuscitation (CPR), and a course in Healthy Aging, designed for health promotion of seniors.

Third Age Centre

Professional Studies Building
St. Thomas University
Fredericton, N.B. E3B 5G3

Telephone: (506)452-0526
Fax: (506)460-0330
e-mail: 3rdage@stthomasu.ca

The Third Age Centre is an independent non-profit body with headquarters on the campus of St. Thomas University in Fredericton and predominantly serving the anglophone community of New Brunswick. The Centre was established in 1990 under the auspices of the University's Chair in Gerontology and works closely with that Department. The Centre is administered by a volunteer Board of Directors elected from the membership at the annual general meeting. Membership costs $10.00 a year. The Centre's goal is to empower older adults to promote and maintain active healthy lifestyles through various programs and services. A major service is the Resource Collection dealing with all aspects of aging, gerontology and related topics. Intended for students and faculty members at both St. Thomas University and the University of New Brunswick, the collection is also made available to interested members of the public. A number of educational and community programs are offered in response to the needs identified by older adults. These include regular lecture series such as a Colloquium series held in the spring in collaboration with the Department of Gerontology. The Centre also organizes workshops, and short courses on topics of interest to seniors and future seniors. The preparation for retirement series is also available for this latter group. The Centre has a group of trained speakers willing to give presentations on Elder Abuse and Scams and Frauds to other community groups. The Centre also sponsors or conducts research projects on topics relevant to older adults.

United Ostomy Association

The United Ostomy Association helps persons who have had an ostomy to understand the condition, adapt to it and return to their regular activities. This is achieved through consultation services, recreational activities and group meetings. As well, the association is involved in educating the public about ostomies. For further information, contact your nearest chapter:

United Ostomy Association - Area Chapters

Campbellton/Dalhousie/North Shore... Telephone: (506) 759-7410
J.D. Sansom
P.O. Box 1040 Campbellton, N.B.
E3N 2R2

Fredericton..... Telephone: (506) 472-1505
Sally Wells DiCarlo Fax: (506) 459-3259
442 Broad Street Fredericton, N.B.
E3A 5P7

Moncton..... Telephone: (506) 855-6252
Susan Kidd-Haines
131 Oakmore Terrace
Moncton, N.B.
E1G 1X4

Saint John..... Telephone: (506) 693-2580
Barbara Seeley
117 Elliot Row Saint John, N.B.
E2L 1C8

Miramichi..... Telephone: (506) 622-7100
Frank Bryenton
17 Locke St.
Miramichi, N.B.
E1V 3W6

Université du troisième âge de la Capitale inc.

715, Priestman Street Fredericton, N.B. E3B 5W7

The Université du troisième âge de la Capitale inc. is a service organization catering to seniors (50 +) whose objective is the betterment of the quality of life of its members and of the population of the provincial Capital region by fostering their cultural, intellectual, social, spiritual and physical development. To acheive these goals, the organization has many objectives:

- make members aware of their full potential and their contribution to society;
- create projects that foster full participation and integration of seniors;
- be aware of members' needs, promote continuous education, making sure there are opportunities to do so in the French language;
- foster networking between individuals and groups;
- reflect upon and take action in situations that favor the betterment of living conditions for seniors;
- coordinate services and activities for members so they can enjoy an interesting and creative retirement.

The organization has several activities, namely:

- Conference dinners with prominent speakers;
- Physical education activities;
- Organized tours for members;
- Lectures on various subjects;
- A news bulletin INFO-UTAC;
- "Leisurely mornings" sessions where members and non members gather "round a cup of coffee" to chat, play games, etc.
- An annual general meeting.

UTAC is linked to the Université de Moncton through the Continuing Education Section. UTAC is a member of the Association des universités du troisième âge du Nouveau-Brunswick. Annual membership fees are $20. UTAC holds its activities at the Centre communautaire Sainte-Anne, 715, Priestman Street, Ferdericton, New Brunswick.

Université du 3e âge du nord-est inc.

President: Anita Cormier
690 St. Pierre O.,
Caraquet, N.B. E1W 1A1

Telephone: (506) 336-3462

Université du troisième âge du nord-ouest inc.

President: Carmel Caouette
165 Hébert Boulevard
Edmundston, N.B. E3V 2S8

Telephone: (506) 737-5095
Fax: (506) 737-5098

UTANO is a non-profit organization whose main objective is to help sen-

iors acquire and maintain a good quality of life. While being self-governing, UTANO is affiliated with Université de Moncton, campus d'Edmundston and its office is located at the Musée historique du Madawaska. Its Board of Directors is made up of 14 elected seniors and 3 councillors from the Université de Moncton, campus d'Edmundston. UTANO committees include Funding Campaign, Speakers and Conferences, UTANAUTE, a journal published 3 times a year, Research and Development, Retirement Planning and Cultural. A variety of courses offered include the history of Acadia, introduction to music, spirituality and aging, physical fitness and computing and the internet. Membership is $15 per year.

Université du 3e âge du Restigouche

President: Georgette Ferlatte Fax: (506) 753-6333

A partnership exists between the Association des anciens et anciennes ami-e-s du Collège communautaire de Campbellton (A.A.A.C.C.C.), the Université du troisième âge, and the New Brunswick Community College in Campbellton for the purpose of organizing courses, talks, and workshops for seniors in the region. The College provides the Université du troisième âge du Restigouche with premises for its secretarial office and board meetings. UTAR wants to reach seniors and bring them together in an effort to foster their development and growth through training, information and research. Their goal is to make educational, cultural, spiritual, social and physical activities available to seniors in the region. A board of directors manages the affairs of the UTAR with committees for Programming, Travel, Recruitment, Telephone, Office and Publicity and Media. Membership is available to anyone 50 years of age or over who complies with the constitution and by-laws of UTAR and pays an annual membership fee as determined at the annual general meeting.

Université du 3e âge du sud-est inc.

Pièce 145, Édifice P.-A.-Landry
Centre universitaire de Moncton
Moncton, N.B. E1A 3E9

Telephone: (506) 858-4410
Fax: (506) 858-4197

The Université du 3e âge du Sud-Est Inc. (UTA) is a non-profit organization whose main objective is to help seniors acquire and maintain a good quality of life. While being self-governing, UTA is affiliated with Université de Moncton where its office is located. Its Board of Directors is made up of elected seniors, councillors from the Université de Moncton and representatives from seniors' organizations.

UTA has many committees and subcommittees:

- Vieillir au féminin - This committee was founded by women members of UTA for the purpose of improving the quality of life of aging women;
- Vieillir en santé - A series of 12 sessions on topics such as: effects of prescribed and non-prescribed drugs, self-esteem, seniors' rights, stress, etc. is given in the southeastern communities of New Brunswick;

- INFO-FORME - A newsletter for UTA members published 3 times a year; and
- Research team on elder abuse.

Besides its various educational and informative activities, UTA offers its members a physical activity program, Grouille ou Rouille. This program consists of weekly sessions of physical exercises adapted to seniors, aquatic exercises (Aquaforme) as well as social gatherings. This program is under the leadership of two professional instructors, holding diplomas from the Université de Moncton in Physical Education and Gerontology.

Since its foundation in 1978, UTA has held many workshops on various topics, organized informative conferences, planned and presented a series of courses (computer) and organized many educational trips. A choir, Le Choeur du Bel Age, has over 55 members.

Membership is $15. Per year.

Universities - Credit and Non-Credit Courses

Learning is lifelong. In recognition of this Mount Allison, St. Thomas University, Université de Moncton and the University of New Brunswick welcome the participation of seniors in post-secondary education. Full or part-time study of credit courses is available to seniors at each university as well as non-degree courses. For those who are unable to travel to a university, distance education is available through Mount Allison University, St. Thomas University, the Université de Moncton, and the University of New Brunswick. Audio-taped courses, audio- and video-conferencing, home study, and World Wide Web "on-line" courses are all offered by the University of New Brunswick. Mount Allison University offers home-study options. The Université de Moncton provides televised courses and audio-teleconferencing. St. Thomas University also offers a limited number of courses in Miramichi. For people age 65 and over, tuition for credit courses is waived at the Mount Allison University and at the Université de Moncton. At the University of New Brunswick those wishing to take degree courses for credit or non-credit are required to pay the regular tuition fees. St. Thomas University offers half-tuition to those aged 60 and over. For further details please contact the university of your choice:

University Campuses

Mount Allison University Sackville, N.B. E0A 3C0	Telephone: (506) 364-2269 Fax: (506) 364-2274
St. Thomas University Fredericton, N.B. E3B 5G3	Telephone: (506) 452-7700 Fax: (506) 450-9615
Université de Moncton Moncton Campus Moncton, N.B. E1A 3E9	Telephone: (506) 858-4129 Fax: (506) 858-4379

Université de Moncton
Centre universitaire St-Louis Maillet
Edmundston, N.B. E3V 2S8
Telephone: (506) 737-5050
Fax: (506) 739-5373

Université de Moncton
Centre universitaire de Shippagan
Shippagan, N.B. E0B 2P0
Telephone: (506) 336-3400
Fax: (506) 336-3434

University of New Brunswick
Fredericton Campus
P.O. Box 4400
Fredericton, N.B. E3B 5A3
Telephone: (506) 453-4646
Fax: (506) 453-3572
e-mail: coned@unb.ca

University of New Brunswick
Saint John Campus
P.O. Box 5050 Saint John, N.B. E2L 4L5
Telephone: (506) 648-5523
Fax: (506) 648-5528

Centre d'études du vieillissement (Research Centre on Aging)
c/o Faculty of Graduate Studies and Research
Université de Moncton
Moncton campus
Moncton, N.B. E1A 3E9
Telephone: (506) 858-4310
Fax: (506) 858-4279

The mission of the Centre d'études du vieillissement (CEV) is to promote and coordinate research focusing on seniors and aging in a minority environment.

The research associates affiliated with the CEV come from various faculties and schools. Works already published cover a wide range of subjects: leisure, depression, health, law...

Gerontology Programmes:

Saint Thomas University offers three programmes of study, the Certificate in Gerontology, the Bachelor of Arts with a Major in Gerontology, and the Bachelor of Applied Arts in Gerontology in partnership with the New Brunswick Community College in Saint John. The Gerontology department offers a wide range of courses which may be taken out of interest and/or applied to the academic credentials just described. Courses include Aging and Health, Aging and Spirituality, Death and Dying, Narrative Gerontology, Gender and Aging, and Images of Aging in Film. These courses are open to persons of all ages, and are offered at half the tuition fees to anyone age 60 and over. Campus resources that complement and support the above programmes include the Third Age Centre, the 80+ Study, and the Chair in Gerontology. Together these resources engage in research activities and provide community-based programming to seniors, volunteers, caregivers, and professionals employed in aging-related fields. Further information is available from St. Thomas University.

Université de Moncton offers a Certificate in Gerontology for adults who work with seniors or who, in view of their experience or life situation, would like to acquire training in this field. It also offers a minor in aging studies with the possibility of major course work in aging of individuals or

aging of populations, intended for full-time students registered in an undergraduate program with a major. Courses in the field of aging are available to students in all other programs and to students not registered in a specific program. Seniors 60, and over can attend regular courses with no fee. Furthermore, through the research professors involved in the field of aging, the Université provides supervision for graduate students whose theses deal with aging. It is home to a Centre d'étude sur le vieillissement (Centre for the study of aging) and to the Université du troisième âge du Sud-est (Seniors' university-Southeast). Information is available from Continuing Education or the Faculty of Social Sciences of the Université de Moncton.

VON Canada in New Brunswick

930 Prospect Street, Suite 102
Fredericton, N.B. E3B 2T8

Telephone: (506) 457-2171
Fax: (506) 450-4385

The VON provides nursing care in the home to persons of all ages, to persons who are chronically ill, and to persons with any type of disability. All VON branches provide foot care services in a clinic setting or in the home. The Fredericton and Oromocto branches operate Adult Day Centres which aim to maintain and improve the person's ability to live independently in his/her own home. Saint John, Fredericton, Moncton and Bathurst branches offer the services of Home Support Workers. Most services are covered (up to 80%) by private insurance plans to qualifying individuals. Counseling services, which include health monitoring and supervision, are offered to residents of senior's residences in some areas. VON branches offer wellness clinics to monitor blood pressure, cholesterol, or to address other health matters in many communities. For further information regarding the services available, contact the local VON office:

VON - Local Offices

Bathurst	(506) 548-2448
Campbellton	(506) 753-4750
Edmundston	(506) 739-6318
Fredericton	(506) 458-8365
Miramichi	(506) 778-9622
Moncton	(506) 857-9115
Oromocto	(506) 357-8542
Sackville	(506) 536-0750
Saint John	(506) 635-1530
Woodstock	(506) 328-8224

Local Services

Though various local services are provided in each community, space does not permit individual listings. Instead, general categories are listed below along with information on how to determine if the service is available in your local community. Some telephone directories have a Senior Citizens' Section which lists programs and services of specific interest to seniors. The local Family and Community Services office can also help you locate a specific service (see page 10).

Adult Day Centres

Adult Day Centres provide rehabilitative, educational, recreational, social and/or health services for frail seniors in a supervised environment. The aim is to assist the senior to remain in his/her own home, and/or offer relief to the caregiver. Services may vary depending on the individual agency. For additional information, please contact your local Family and Community Services office (see page 10).

Counseling Services

Counseling services and family life education programs are available to individuals and families who need assistance in meeting personal, family or social problems. Fees vary, occasionally depending upon ability to pay. Check under Counselling Service in the yellow pages of your telephone directory.

Discounts/Special Services

Some businesses offer a discount to seniors. The minimum age may vary, with some offering special rates to individuals age 50 and over. When making a purchase, inquire as to whether a seniors' discount is available. When travelling, check for discounts and about travelling in off-season times. If you have some flexibility as to when you travel, the savings can be considerable. Some malls have a senior's card that you can obtain by showing proof of age. Banking firms may offer special services or reduced rates for services to seniors. It can be worthwhile to ask if a special program exists for seniors. A list of some of the businesses which offer discounts is in the Senior Citizens' Section of the telephone directory (just before the yellow pages in some telephone directories).

Emergency Response System

Some communities have established emergency response systems which link seniors to a central communications centre which summons help in the event of a crisis. For information see the yellow pages in your local telephone directory under Medical Alarms or inquire at the nearest hospital.

Chimo

Chimo operates a toll-free province-wide telephone helpline for people who are experiencing a crisis. Assistance is available 24 hours a day by calling **1-800-667-5005.**

In addition, local helplines exist. Services provided and hours of operation vary.

Chimo (Fredericton)..... (506) 450-4357
Moncton Helpline (4pm to 8am daily)..... (506) 859-4357
Saint John INFO-Line:
Community Information & Referral Service..... (506) 633-4636

Individuals having problems with gambling can call 1-800-461-1234 to access qualified counsellors and treatment services as well as referral to community self-help groups.

Tele-Care

Tele-Care is a bilingual, province-wide service of the Department of Health and Wellness that provides advice regarding non-urgent health conditions. Experienced nurses with special training in acute care answer this 24-hour toll free number.

If you are not sure of the need to go to the Emergency Department, a call to Tele-Care could save you an unnecessary trip.

The nurse you speak to will assess your symptoms and may ask you to:

- Follow specific instructions by the nurse on the phone line and call Tele-Care back within a specified time;
- Contact your family doctor or local walk-in clinic and make an appointment within a few hours;
- Make a regular appointment with your family doctor; or
- Go directly to your nearest emergency department.

The toll free telephone number is **1-800-244-8353**

In-Home Services and Supplies

Various organizations provide home services and supplies. Services may include assistance with personal care, meal preparation, homemaker services, light or heavy housekeeping, transportation services, recreational outings, etc. These in-home services may be provided on a short-term or long-term basis and may or may not involve a fee. Available supplies include rehabilitation and convalescent aids. A number of organizations are listed in this guide. See Home Health Care and Homemakers

in the index. Also check in the yellow pages of your telephone directory under Home Health Services and Supplies, Homemakers Service, Senior Citizens' Services and Social Service Organizations.

Meals on Wheels

Meals on Wheels is a program which delivers well balanced and nutritious meals on a daily or less frequent basis to people who are not able to prepare their own. The meals are delivered by volunteers to the person's own home. The service is offered in many communities around New Brunswick. For the telephone number in your area, check the white pages of your telephone directory or contact your local Family and Community Services office (see page 10).

Senior Citizen Clubs and Organizations

To determine which club or organization is in your area, check the telephone directory yellow pages under Associations or under Senior Citizens Services and Centres. Your local newspaper may also contain advertisements in regard to various groups and when they meet.

Support Groups

Support groups exist which can provide information and support on a variety of topics and illnesses. Many of the groups are listed in the Non-governmental Organizations section of this guide. To determine which groups exist in your community, check the white pages of your telephone directory. Many agencies and organizations are also listed under Associations and under Social Service Organizations in the yellow pages.

Volunteer Services

Numerous organizations are seeking the services of volunteers. Some communities have a volunteer bureau which helps match individuals with organizations. Another option is to contact a number of organizations in your community and determine if they need volunteer assistance and, if so, the type of help they could use. A number of organizations are often listed under Social Service Organizations in the yellow pages.

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